

Seniors' **Statistical Profile** 2009





SENIORS STATISTICAL PROFILE 2009

**Nova Scotia
Department of Seniors**



The Department of Seniors

The Department of Seniors facilitates the planning, development, and coordination of policies, programs, and services for seniors in partnership with government, seniors and voluntary seniors groups. It also serves as a single entry point to government, providing information on programs and services for seniors and responding to seniors' issues and concerns.

The Nova Scotia Seniors' Secretariat

In keeping with the *Senior Citizens' Secretariat Act*, the Nova Scotia Seniors' Secretariat Committee coordinates government services and programs for seniors. The Committee is comprised of seven cabinet Ministers:

- Minister of Seniors;
- Minister of Health;
- Minister of Community Services;
- Minister of Service Nova Scotia and Municipal Relations;
- Minister of Justice;
- Minister of Labour and Workforce Development; and,
- Minister of Health Promotion and Protection.

The Committee is chaired by the Minister of Seniors.

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FORWARD

The *Seniors' Statistical Profile 2009* provides clear and accurate information about older Nova Scotians. The report enables all Nova Scotians to develop a better understanding of the characteristics of the province's older population and promotes a realistic picture of later years. The report will be of interest to anyone who wants to learn more about Nova Scotia's seniors; this includes seniors, seniors' organizations and clubs, educators, researchers, planners and entrepreneurs. The publication will also raise awareness and understanding of seniors' issues.

The data are drawn from a variety of sources, including Statistics Canada, the Canadian Institute for Health Information, Nova Scotia Department of Health, Nova Scotia Department of Finance – Community Counts Initiative and Service Nova Scotia and Municipal Relations.

The report covers the following 11 topics: population characteristics, health, diversity, living arrangements, education and literacy, employment, finances, income security, caring, disability and leisure. The *Highlights* section provides an overview of the key findings in the report.

For the purpose of this report, seniors are defined as anyone 65 years of age or older. Generally, the basis for comparison is other age groups. Since seniors are not a homogeneous group, they are subdivided into more specific age groups when possible; also, where practical and possible, statistics for women and men are separated. In addition, although the term 'visible minority', used by Statistics Canada, appears in this report, it is recognized that the term 'racially visible' person is preferred.

The *Seniors' Statistical Profile* is updated regularly to incorporate the most current information.

HIGHLIGHTS

POPULATION CHARACTERISTICS

- Nova Scotia has the oldest population in the country at 15.4%.
- With the exception of Newfoundland, at 14.4%, the Atlantic Provinces have the highest percentage of seniors in the country. Alberta remains the youngest province, with only one in ten residents 65 or older (10.4%).
- In every province the percentage of senior women outnumbers senior men; by as little as 2.3% in British Columbia and as much as 3.6% in Quebec.
- The smallest adult age groups are 25-29 and 30-34, reflecting a drop in birth rates in the 25 to 34 years before 2007.
- Women have a higher life expectancy; in the 85+ category, women outnumber men two to one.
- Because women tend to live longer than men, the ratio of women to men increases considerably with age. In 2007, there were 227 women per 100 men in the 85+ age group. In 2033, the disparity for the 85+ category will be less dramatic; 182 women per 100 men.
- Halifax is the youngest county in the province. Seniors made up 10.9% of Halifax County's population in 2007. In contrast, 11 of the 18 counties have a senior population that represents 15 % or more of the population. At 21.8%, Cumberland County currently has the largest share of seniors.
- Within Nova Scotia, Guysborough County's population will experience the largest jump in proportion of seniors. Between 2007 and 2031, the percentage of seniors will increase by 20.9 percentage points to comprise 41.1% of Guysborough County's population.
- In general, more Nova Scotia seniors live in "towns" than in "regional municipalities" or in "rural Nova Scotia."
- In 2006, seven towns had more than one in four residents who were 65 or older. These towns were Lunenburg (29.1%), Lockeport (27.9%), Windsor (26%), Berwick (25.9%), Bridgetown (25.7%), Middleton (25.2%) and Parrsboro (25%).
- The total population of Nova Scotia is expected to decline by approximately four and a half percent (4.69%) between 2007 and 2033. The 55-64 age group will also decline by 4.86% between 2007 and 2033. In contrast, by 2033 the seniors' population will be 257,874; an increase of 86.3% from 2007.
- One of the major forces behind the aging of the population is the maturing baby boom generation. Baby boomers (born between 1947 and 1966) will start turning 65 in 2012. Other factors behind the aging Nova Scotia population include increased life expectancies, declining birth rates and low immigration.

HEALTH

- In 2007, 37% of Nova Scotia's seniors rated their health as 'Very Good/Excellent'. A self-rated health status of 'Very Good/Excellent' declined with age for both men and women, although women 65+ rated their health more favourable than men in the same age group.
- Life expectancy at age 65 improved from 16 to 18 years for both sexes between 1975 and 2005. Women who turned 65 in 2005 can be expected to outlive their male counterparts by three years.
- Daily smoking rates decrease with age. Seven percent of both males and females in the 65-74 age group were daily smokers in 2005. This is approximately half the rate of those in the 15-54 age group which is (14.1%) for males and (15.1%) for females.
- In 2005 – 2006, the prevalence of diabetes increased with each age group and doubled from the 30-39 age group to the 40-49 age group. In every age group after 30-39, a higher percentage of men had diabetes than women. The prevalence of diabetes among Nova Scotians peaked in the 70-79 age group.
- The incidence of diabetes refers to how many in 1,000 Nova Scotians have diabetes. In 2004 – 2005, in every age group after 30-39 the incidence rate of diabetes was higher for men than women. The exception was the 70-79 age group where the incidence of diabetes was equal for men and women.
- In 2007, asthma was most prevalent among younger Nova Scotians in the 12-54 age group (12.3%). Asthma was least prevalent among those 65-74 years (4.6%), compared to those 55-64 (8.5%) and those 75+ (7.4%).
- In 2007 – 2008, doctor visits were more frequent for females in the age groups before age 65. In the 65-74 age group, males and females visited their doctor at the same rate. In the 75+ age group, males were slightly more likely to see a doctor than females.
- The use of physician services generally increases with age. In 2007 – 2008, males in the 75+ age group were four and a half times more likely to require surgery than males in the 15-54 age group, while females in the 75+ age group were twice as likely to require surgery as in the 15-54 age group.
- Seniors accounted for 37% of all adult day surgeries in 2007. Seniors between 65 and 74 had 81 % more day surgeries than the 45-64 age group, while the rate was practically doubled for seniors 75 and older (95 % higher than the 45-64 age group).
- The leading cause of hospitalization for all seniors in 2007 was circulatory disease. The most common reasons for hospitalization for those 65+ were diseases of the circulatory system (24%), diseases of the digestive system (11%) and diseases of the respiratory system (10%).
- In 2007 – 2008, hospitalizations due to injury were highest for Nova Scotians in the 15-54 and 75+ age groups. Those in the 75+ age group accounted for 40% of the hospitalizations, compared to those in the 15-54 age group who accounted for 36%.

- In 2007 – 2008, hospitalizations due to a fall related injury was the highest for Nova Scotians 75+. When the 65-74 and 75+ age groups are compared, the likelihood of being hospitalized due to a fall related injury increased by two and half times for men and four times for women in the older age group.
- In 2007, major cardiovascular diseases and cancer were the leading cause of death for Nova Scotia seniors. About seven in ten (70%) deaths of Nova Scotians aged 65-74 were caused by circulatory disease or cancer, while 57 % of the deaths in the 75+ age group were accounted for by these two causes.
- In 2007, fewer seniors were admitted to a hospital for a mental health diagnosis than their younger counterparts. However, duration of stay increases dramatically with age. Therefore, although seniors are less likely to be admitted to the hospital for mental health care, they stay for longer periods when they are admitted.
- Overall, 60% of Nova Scotia's seniors rated their mental health as 'Very Good/Excellent', 27% rated their mental health as 'Good' and 5% rated their mental health as 'Fair/Poor' (2005).
- Thirty-eight percent of seniors fell within the 'Normal Weight' category; while 40% were 'Over Weight' and 17% were 'Obese' (2005). Men were 11% more likely to be overweight than women and 25% more likely to be obese.
- Nova Scotia Seniors' Pharmacare coverage is available to residents 65 and older who do not receive drug coverage through a private plan. During 2008-2009, 98, 522 Nova Scotia seniors were enrolled in Pharmacare. Males 85+ took home 44 % more prescriptions than their counterparts in the 65-74 age group and women 85+ took home 70 % more than women in the 65-74 age group.
- During 2008-2009, the Nova Scotia Department of Health's Adult Protection Services intervened on behalf of 926 seniors who met the definition of "an adult in need of protection" as defined in the Adult Protection Act. Seven in ten, or 71% of these cases involved self-neglect. Caregiver neglect was the second most common issue.

DIVERSITY

- The heritage of seniors in Nova Scotia is less diverse than other groups in the province. In 2006, only four percent of residents of Mi'kmaq reserves were 65 and older, and six percent were between the ages of 55 and 64. Aboriginal Nova Scotians experience decreased life expectancies due partly to higher rates of diabetes and respiratory disease. The population of seniors ranged from a low of two to three percent in five Mi'kmaq communities to a high of six percent in three communities – Membertou, Millbrook and Paq'tnekek.
- The five most commonly spoken languages by Nova Scotia seniors were English, French, German, Dutch and Italian (2006). Gaelic was the next most commonly spoken language. Seniors were four times more likely to speak Gaelic than those in the 55-64 age group.
- The majority of Nova Scotia's seniors 65+ were non-immigrants – a total of 119,830 or 91% (2006). Seniors who immigrated to Nova Scotia made up 11,080 or 8% of the population in the 65+ age group.

- The largest visible minority group among the non-immigrant senior population is Black. In 2006, 1,385 Nova Scotia seniors identified as Black; most likely due to the fact that Nova Scotia has the largest indigenous Black population in the country.

LIVING ARRANGEMENTS

- Two-thirds (68%) of Nova Scotia seniors lived with family in 2006. While most seniors lived with family, a substantial number lived alone; nearly one-third (29%).
- More than half (54%) of all seniors were married in 2006, while 32% were widowed. Relatively few had never been married (6%) or were divorced (8%).
- The majority of Nova Scotia seniors own or rent their homes. In 2006, 77.5% of seniors owned their home and 22.3% rented, for a total of 99.8%. A smaller portion 0.2% lived in Band housing.
- In 2006, four percent of the province's seniors lived in public rental housing, while 3.6% lived in a licensed nursing home. A smaller portion, 0.8% lived in a licensed residential care facility.

EDUCATION AND LITERACY

- Seniors have relatively low levels of formal education. In 2006, not quite one in five, or 19.2%, had a high school certificate or equivalent. Considering the limited available educational opportunities available to seniors when they were young, their educational achievement is noteworthy. The percentage of seniors with a Bachelor degree, Master's degree, Doctorate degree and a degree in medicine, dentistry, veterinary medicine, or optometry totals 7.4%.
- Some older Nova Scotians choose to go back to school. In 2006, 54% more women than men chose to return to school.
- Nova Scotia seniors generally have low levels of literacy. In 2003, eight in ten, or 81% of seniors scored lower than level three in prose literacy. A level three score is the minimum adequacy level for coping effectively with day-to-day activities and interactions.

EMPLOYMENT

- While the majority of seniors and persons aged 55-64 are not working, a substantial number in both groups are still part of the paid workforce. In 2008, 10,405 seniors were involved in paid employment. Self-employment was more prevalent among seniors, one in four (or 25%).
- Older workers show little sign of slowing down (2006). Workers in the 55-64 age group averaged 36.7 hours of work per week. Seniors in the workforce averaged 34.8 hours each week. The participation rate among those aged 55-64 was 55.2 %, and it was 7.9 % for those 65 and older. The participation rate is defined as the percentage of the population that is employed for a particular age group.

FINANCES

- Seniors tend to have lower incomes than their younger counterparts. In 2006, the average household income for the 81,470 senior households (headed by someone over the age of 65) in the province was \$40,615.
- Incomes of seniors 65-74 were 28 % lower than the under 65 age group and the incomes of seniors 75 and older were 40 % below the under 65 group in 2006.
- Seniors received income through a number of different sources in 2006. Thirty-two percent of Nova Scotians between the ages of 65-74 received private pensions; 23 % received Old Age Security; 19 % received Canada Pension Plan; 13 % received employment income and seven percent received investment income. Thirty-two percent of Nova Scotians over the age of 75 received private pensions; 30 % received Old Age Security; 21 % received Canada Pension Plan; 11 % received investment income and two percent received employment income.
- The overall incidence of poverty for Nova Scotia seniors is comparable to younger adults in the 18-64 age group. Eleven percent of seniors, or 13,715 older Nova Scotians were living below the low-income cut-off (LICO) in 2006. Two-thirds of seniors living in economic hardship were women living by themselves.
- The vast majority of seniors were mortgage-free; 88% of seniors aged 75 and older had paid off their house (2006).
- In 2006, senior family households (age 65 and up) spent over half (59%) of their incomes on food, shelter, transportation and household operation.

INCOME SECURITY

- In 2007, nearly 99 % of Nova Scotian seniors (136,589) collected Old Age Security (OAS) in Nova Scotia.
- 42.9 % of OAS recipients also benefited from the Guaranteed Income Supplement (GIS).
- Guaranteed Income Supplement (GIS) payments are made to low-income seniors. Three-quarters (74%) of seniors collecting the full supplement were single.

CARING

- Adults between 45 and 54 are most likely to be caring for a senior. One-quarter (25%) of the members of this group contributed to the care of seniors in 2006.
- While men often provide care to seniors, woman provided most of this assistance. Twenty percent of woman acted as a caregiver to a senior in 2006, compared to 15 % of men.
- It is important to note that the provision of support in the home goes both ways. Thousands of Nova Scotia seniors provided unpaid child care. Slightly more than one in ten or 15,225 seniors cared for a young child in 2006.

- Seniors are considerably more generous than non-seniors. In 2006, seniors over the age of 65 spent 6.4 % of their income on gifts and charitable contributions compared with Nova Scotians under the age of 65 who donated 1.7 %.

DISABILITY

- A significant portion of seniors reported difficulties carrying out activities of daily living (2006). These individuals were considered to be living with a disability. Almost seven in ten (65%) seniors over the age of 75 reported a condition that reduced the amount and types of activities they could participate in.
- Disability rates were comparable for men and woman.
- Disabilities are categorized as mild, moderate, severe and very severe. The proportion of very severe disabilities tends to increase with age. Nearly two in ten (16%) adults 75 and older had a very severe disability, compared to one in ten (9%) in the 15-44 age group.

LEISURE

- Nova Scotians continue to travel well into their later years; 9.4 % of all trips by Nova Scotians were made by seniors in 2004.
- Older Nova Scotians are also actively traveling outside of the province. Seniors took 79,000 trips and accounted for 8.3 % of all travel to other provinces in Canada in 2006.
- Being physically active is important at all ages. In 2005, 12% of those 65 and older were considered to be physically active, with 19% of those 55-64 also being considered physically active.
- Generally, males of all ages were more physically active than females of all ages. Fourteen percent of males aged 65 and over were considered physically active, compared to 10% of females in the same age range.

MOBILITY

- As people age, they tend to remain in the communities where they spent most of their adult lives. In 2006, 95% of those 55 and up were living at the same address at which they resided the year before.
- Twenty-eight percent of seniors over the age of 65 had lived in a different province a year before the census, while the same is true about 40% of those 55-64.
- Only seven percent of those aged 65 and older were living in a different country, while the same is true about ten percent of the 55-64 age group.

POPULATION CHARACTERISTICS

CURRENT POPULATION

In Canada, 13.7% of the population is 65 years and older (Table 1). The number of seniors in Nova Scotia in 2008 was estimated to be 144,446 or 15.4 % of the province's total population of 938,310. In Nova Scotia, 13.8% of men are 65+ and 16.9% of women are 65+.

In 2005, Nova Scotia had the oldest population in Atlantic Canada and the third oldest in the country behind Saskatchewan and Manitoba. Three years later, in 2008, the share of residents 65 and over in Nova Scotia grew considerably; Nova Scotia now has the oldest population in the country at 15.4%. In fact, with the exception of Newfoundland at 14.4%, the Atlantic Provinces have the highest percentage of seniors in the country. Nova Scotia is followed by New Brunswick at 15.2% and Prince Edward Island at 15.1%. Alberta remains the youngest province, with only one in ten residents 65 or older (10.4%).

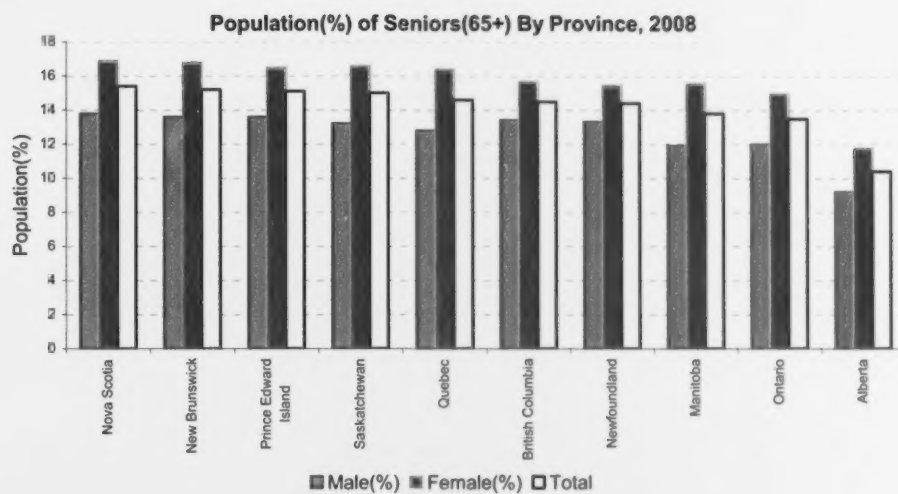
TABLE 1
POPULATION (%) OF SENIORS (65+) BY PROVINCE BY SEX, 2008

Province	Male (%)	Female (%)	Total
Nova Scotia	13.8	16.9	15.4
New Brunswick	13.6	16.8	15.2
Prince Edward Island	13.6	16.5	15.1
Saskatchewan	13.2	16.6	15.0
Quebec	12.8	16.4	14.6
British Columbia	13.4	15.7	14.5
Newfoundland	13.3	15.5	14.4
Manitoba	11.9	15.6	13.8
Ontario	12.0	15.0	13.5
Alberta	9.2	11.8	10.4
Canada	12.2	15.2	13.7

Source: Statistics Canada. Table 051-0001

Figure 1 highlights the percentage of seniors in the each province by gender. In every province the percentage of senior women outnumbers senior men; by as little as 2.3% in British Columbia and as much as 3.6% in Quebec.

Figure 1

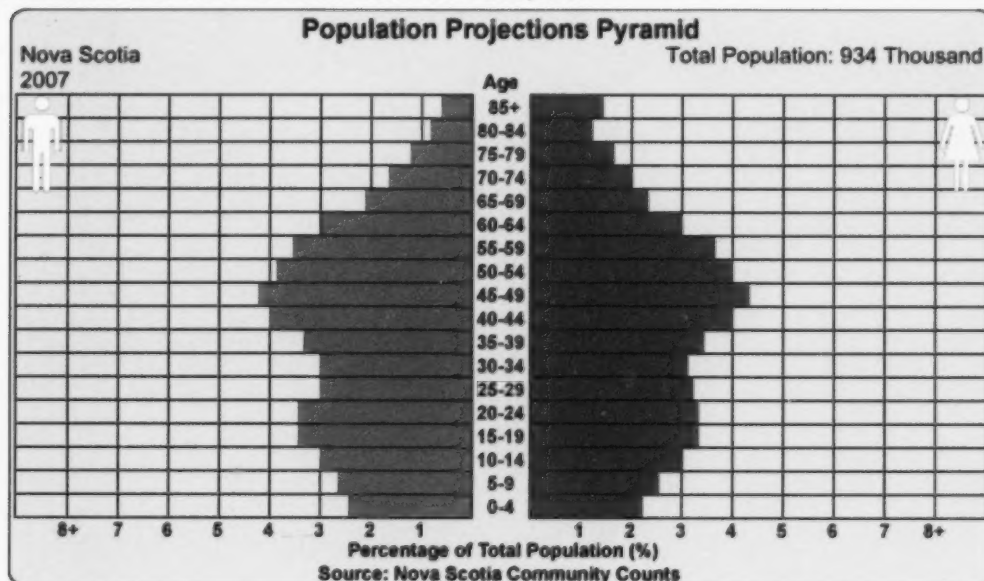


POPULATION PROJECTIONS

The following population pyramids show the impact of an aging population (Figure 2). In 2007, the largest age group was 45-49, producing a diamond-like shape. Slightly smaller was the 40-44 age group, followed by the 50-54 segment. Beyond age 54, the size of the groups gets progressively smaller with age.

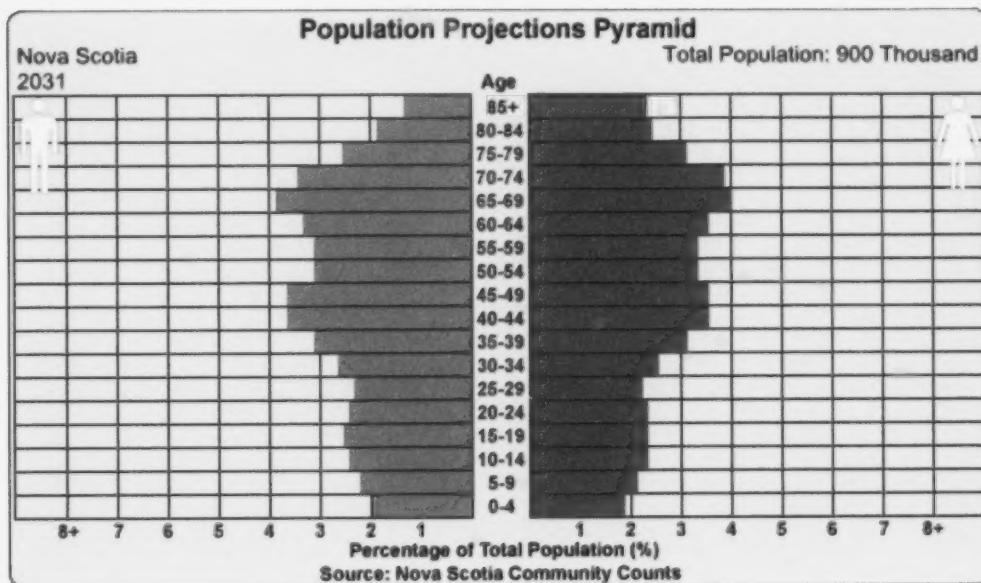
The smallest adult age groups were 25-29 and 30-34, reflecting a drop in birth rates in the 25 to 34 years before 2007. Also illustrated is the higher life expectancy of women. In the 85+ category, women outnumber men two to one.

FIGURE 2
POPULATION OF NOVA SCOTIA BY AGE AND SEX, 2007



By 2031, the population bulge will move to the 65-69 age group (Figure 3). Beyond age 69, the size of each group declines with increasing age. The second largest age groups will be 40-44 and 45-49. In this figure the diamond-like shape is less defined with the bulk of population between the ages of 40-74.

FIGURE 3
POPULATION OF NOVA SCOTIA BY AGE AND SEX,
2031



Source: Department of Finance, Community Counts

The total population of Nova Scotia is expected to decline by approximately four and a half percent (4.69%) between 2007 and 2033 (Table 2). The 55-64 age group will also decline; a decrease of 4.86% between 2007 and 2033. In contrast, by 2033, the seniors' population will be 257,874, an increase of 86.3% from 2007.

One of the major forces behind the aging of the population is the maturing baby boom generation. Baby boomers (born between 1947 and 1966) will start turning 65 in 2012. Other factors behind the aging Nova Scotia's population include increased life expectancies, declining birth rates and low immigration.

Table 3 illustrates that the percentage of older Nova Scotians will increase in the 65+ categories during the next two and a half decades. The 65-74 age group will grow from 7.9% to 14.7%, peaking in 2030 and 2031 at 15%. The 75+ age group will grow from 6.9% to a peak of 14.3% in 2033.

In contrast, the 55-64 group will decline slightly from 13.1% in 2007 to 13.0% in 2033. The percentage of the Nova Scotia population in this age group will peak in 2020 at 16.2 %. The population in the 0-54 age group will decline from 72.1% in 2007 to 58% in 2033; a decline of 14.1%.

TABLE 2
PROJECTED POPULATION OF NOVA SCOTIA BY AGE GROUP (2007 - 2033)

Year	0 - 54 Years	55 - 64 Years	65 - 74 Years	75+ Years	Total
2007	673,806	121,973	73,540	64,828	934,147
2008	667,006	124,655	75,484	65,909	933,054
2009	660,280	128,060	77,802	66,685	932,827
2010	653,207	131,594	80,231	67,457	932,487
2011	646,478	134,494	83,411	68,158	932,542
2012	639,485	135,662	88,420	68,933	932,500
2013	632,298	137,113	93,098	69,843	932,353
2014	625,175	138,908	97,064	70,953	932,100
2015	617,825	140,992	100,883	72,020	931,719
2016	609,956	143,391	104,386	73,472	931,205
2017	602,356	146,004	107,639	75,040	931,040
2018	594,703	148,352	110,530	77,119	930,704
2019	587,048	150,024	113,821	79,277	930,171
2020	580,146	150,502	117,224	81,536	929,409
2021	574,467	149,614	119,965	84,356	928,402
2022	569,418	147,701	121,297	88,709	927,125
2023	564,764	145,052	122,890	92,850	925,556
2024	560,155	142,259	124,765	96,512	923,691
2025	555,334	139,324	126,907	99,956	921,521
2026	550,011	136,270	129,341	103,411	919,033
2027	544,666	133,027	131,779	106,653	916,126
2028	539,789	129,159	133,953	109,899	912,799
2029	535,230	124,899	135,515	113,426	909,070
2030	530,640	121,337	135,976	116,995	904,948
2031	525,976	118,969	135,134	120,362	900,441
2032	521,185	117,309	133,352	123,706	895,552
2033	516,396	116,040	130,906	126,968	890,309

Source: Statistics Canada (Cat. No. 91-520-SCB custom download)

TABLE 3
PROJECTED POPULATION (%) OF NOVA SCOTIA BY AGE GROUP
(2007 - 2033)

Year	0 - 54 Years	55 - 64 Years	65 - 74 Years	75+ Years
2007	72.1	13.1	7.9	6.9
2008	71.5	13.4	8.1	7.1
2009	70.8	13.7	8.3	7.1
2010	70.0	14.1	8.6	7.2
2011	69.3	14.4	8.9	7.3
2012	68.6	14.5	9.5	7.4
2013	67.8	14.7	10.0	7.5
2014	67.1	14.9	10.4	7.6
2015	66.3	15.1	10.8	7.7
2016	65.5	15.4	11.2	7.9
2017	64.7	15.7	11.6	8.1
2018	63.9	15.9	11.9	8.3
2019	63.1	16.1	12.2	8.5
2020	62.4	16.2	12.6	8.8
2021	61.9	16.1	12.9	9.1
2022	61.4	15.9	13.1	9.6
2023	61.0	15.7	13.3	10.0
2024	60.6	15.4	13.5	10.4
2025	60.3	15.1	13.8	10.8
2026	59.8	14.8	14.1	11.3
2027	59.5	14.5	14.4	11.6
2028	59.1	14.1	14.7	12.0
2029	58.9	13.7	14.9	12.5
2030	58.6	13.4	15.0	12.9
2031	58.4	13.2	15.0	13.4
2032	58.2	13.1	14.9	13.8
2033	58.0	13.0	14.7	14.3

Source: Statistics Canada (Cat. No. 91-520-SCB custom download)

Because women tend to live longer than men, the ratio of women to men increases considerably with age (Table 4). In 2007, there were 103 women for every 100 men between the ages of 55 and 64. This measure increases dramatically and steadily with age, so that there are 227 women for every 100 men in the 85+ age group. In 2033, the ratio of women to men in the 55-64 category will change to 106. The disparity in numbers for the 85+ category will be less dramatic in 2033, with 182 women for every 100 men.

TABLE 4
POPULATION OF NOVA SCOTIA SENIORS (55+) BY AGE GROUP AND GENDER, 2007 AND 2033

Age	2007		2033	
	Male	Female	Male	Female
55 - 64	60,139	61,834	56,205	59,835
65 - 74	34,989	38,551	62,336	68,570
75 - 84	19,260	26,433	39,681	50,980
85+	5,856	13,279	12,861	23,446

Source: Statistics Canada (Cat. No. 91-520-SCB custom download)

POPULATION BY COUNTY

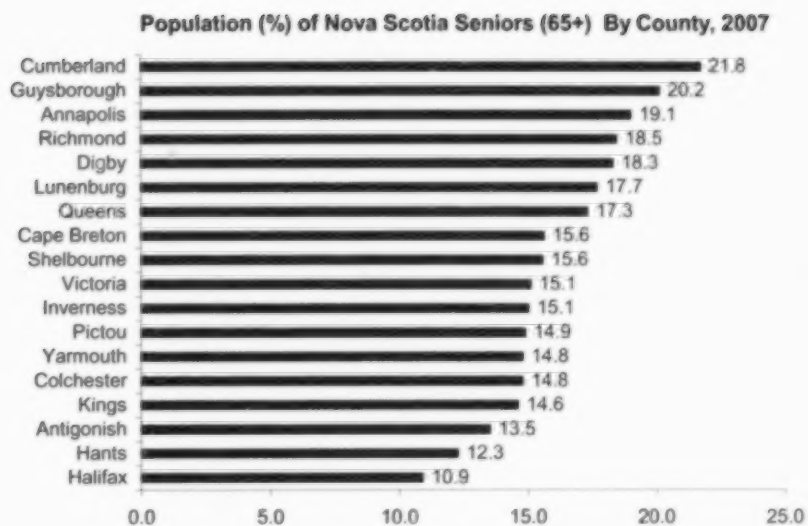
Halifax is the youngest county in the province (Table 5). Seniors made up 10.9% of Halifax County's population in 2007. In contrast, 11 of the 18 counties have a senior population that represents 15 % or more of the population. At 21.8%, Cumberland County had the largest share of seniors. Guysborough County will record the largest jump of percentage points (20.9) between 2007 and 2031. In 2031, four in ten (41.1%) Guysborough residents will be seniors.

TABLE 5
POPULATION OF NOVA SCOTIA SENIORS (65+) BY COUNTY, 2007 AND 2031

County	2007		2031	
	Population of Seniors	Percentage of Population	Population of Seniors	Percentage of Population
Annapolis	4,055	19.1	19,029	35.4
Antigonish	2,675	13.5	5,126	28.9
Cape Breton	16,912	15.6	26,148	28.4
Colchester	7,643	14.8	15,248	30.0
Cumberland	6,961	21.8	7,465	26.3
Digby	3,540	18.3	5,667	32.5
Hants	5,160	12.3	9,909	25.0
Guysborough	1,782	20.2	2,582	41.1
Halifax	41,994	10.9	94,242	23.3
Inverness	2,922	15.1	5,155	31.7
Kings	8,882	14.6	17,073	29.1
Lunenburg	8,585	17.7	16,234	35.7
Pictou	6,937	14.9	11,406	27.7
Queens	2,012	17.3	3,026	31.5
Richmond	1,758	18.5	2,792	38.5
Shelburne	2,471	15.6	4,225	32.5
Victoria	1,195	15.1	2,290	32.7
Yarmouth	4,046	14.8	7,326	28.4
Nova Scotia	138,368	14.8	255,497	28.4

Source: Statistics Canada (Cat. No. 91-520-SCB custom download)

Figure 4



POPULATION BY TOWN AND REGIONAL MUNICIPALITY

In general, when compared to regional municipalities and rural Nova Scotia, towns have the highest proportion of seniors (Table 6). In 2006, 20.3 % of the residents of the province's 31 towns were seniors. This compared to 18.3% for Cape Breton Regional Municipality, 12.1% for Halifax Regional Municipality and 15% for rural Nova Scotia. Rural Nova Scotia is considered to be all areas outside town and city boundaries.

Seven towns had more than one in four residents who were 65 or older. These towns were Lunenburg (29.1%), Lockeport (27.9%), Windsor (26%), Berwick (25.9%), Bridgetown (25.7%), Middleton (25.2%) and Parrsboro (25%).

In 2006, in Mahone Bay, three in ten (33.2%) residents were seniors and in Annapolis Royal, nearly four in ten residents (37.2%) were seniors.

TABLE 6
POPULATION OF NOVA SCOTIA SENIORS (65+)
BY TOWN, REGIONAL MUNICIPALITY AND RURAL AREA, 2006

Towns Area	Population of Seniors	Percentage of Seniors Population	Total Population
Amherst	1,900	20.0	9,505
Annapolis Royal	165	37.2	444
Antigonish	935	22.1	4,236
Berwick	635	25.9	2,454
Bridgetown	250	25.7	972
Bridgewater	1,620	20.4	7,944
Canso	180	19.8	911
Clark's Harbour	160	18.6	860
Digby	495	23.7	2,092
Hantsport	245	20.6	1,191
Kentville	1,020	17.5	5,815
Lockeport	180	27.9	646
Lunenburg	675	29.1	2,317
Mahone Bay	300	33.2	904
Middleton	460	25.2	1,829
Mulgrave	135	15.4	879
New Glasgow	1,840	19.5	9,455
Oxford	215	18.3	1,178
Parrsboro	350	25.0	1,401
Pictou	755	19.8	3,813
Port Hawkesbury	475	13.5	3,517
Shelburne	335	17.8	1,879
Springhill	750	19.0	3,941
Stellarton	750	15.9	4,717
Stewiacke	235	16.5	1,421
Trenton	440	16.1	2,741
Truro	2,630	22.4	11,765

Towns Area	Population of Seniors	Percentage of Seniors Population	Total Population
Westville	525	13.8	3,805
Windsor	965	26.0	3,709
Wolfville	760	20.1	3,772
Yarmouth	1,445	20.2	7,162
Town Total	21,825	20.3	107,275

Regional Municipalities

Cape Breton	18,665	18.3	102,250
Halifax	44,925	12.1	372,679

Rural and Non-Rural Comparison

Non-Rural NS	85,415	14.7	582,204
Rural NS	52,953	15.0	351,943
Province	138,368	14.8	934,147

Source: Statistics Canada (Cat. No. 91-520-SCB custom download)

SELF RATED HEALTH OF POPULATION

In 2005, 37% of Nova Scotia's seniors rated their health as 'Very Good/Excellent', 32% rated their health as 'Good' and 31% rated their health as 'Fair/Poor'. A self rated health status of 'Very Good/Excellent' declined with age for both men and women, although women 65+ rated their health more favourable than men in the same age group; 40% of women 65+ rated their health as 'Very Good/Excellent' compared to 33% of men.

TABLE 7
SELF RATED HEALTH OF POPULATION (%), BY AGE GROUP AND SEX, 2005

Total			
Age Group	Very Good/ Excellent	Good	Fair/Poor
12 - 34	70	24	6
35 - 54	64	24	12
55 - 64	56	29	15
65+	37	32	31

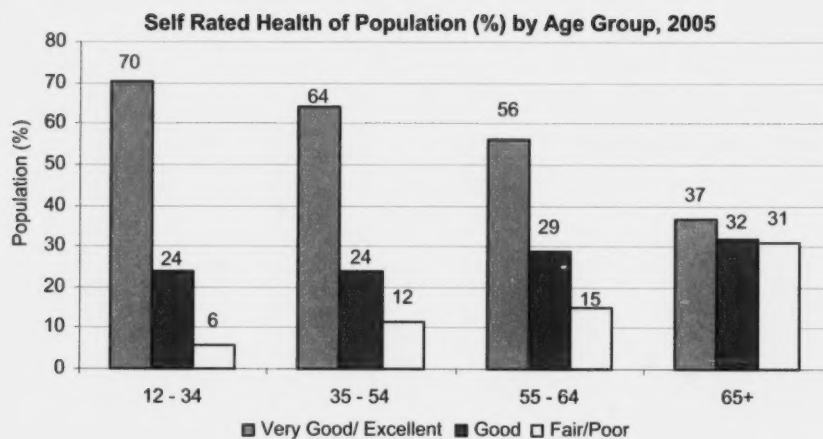
Male			
Age Group	Very Good/ Excellent	Good	Fair/Poor
12 - 34	70	24	-
35 - 44	60	28	12
45 - 64	52	31	17
65+	33	30	37

Female			
Age Group	Very Good/ Excellent	Good	Fair/Poor
12 - 34	71	23	-
35 - 44	68	20	12
45 - 64	60	27	13
65+	40	33	27

Note: (-) Indicates the estimate cannot be reliably reported

Source: Statistics Canada. Table 105-0322 -CANSIM (database).

Figure 5



LIFE EXPECTANCY

The life expectancy of Nova Scotians has been steadily increasing between 1920 and 2005 (Table 8). Residents born in 1920 could expect to live to 59 years, compared to 79 years for someone born in 2005 – an increase of 20 years. Much of this gain can be attributed to medical advancements and improvements in living conditions.

TABLE 8
LIFE EXPECTANCY BY YEAR OF BIRTH, 1920 - 2005

Year	Life Expectancy	Year	Life expectancy
1920	59	1965	71
1925	60	1970	72
1930	61	1975	73
1935	63	1980	75
1940	64	1985	76
1945	67	1990	77
1950	69	1995	78
1955	71	2000	79
1960	71	2005	79

Source: Canadian Vital Statistics, Statistics Canada

Life expectancy for Nova Scotians aged 65 also continues to increase (Table 9). Life expectancy at age 65 improved from 16 to 18 years for both sexes between 1975 and 2005. Women tend to live longer than men. Women who turned 65 in 2005 can be expected to outlive their male counterparts by three years. On average, a woman who turned 65 in 2005 will live to 85 compared to a man who will reach 82.

TABLE 9
NOVA SCOTIA LIFE EXPECTANCY IN YEARS
AT AGE 65,
BY GENDER, 1975 - 2005

Year	Male	Female	All
1975	14	18	16
1984	15	19	17
1989	15	19	17
1995	15	20	18
2000	16	20	18
2005	17	20	18

Source: Canadian Vital Statistics, Statistics Canada

SMOKING

Daily smoking rates decrease with age (Table 10). Seven percent of both males and females in the 65-74 age group were daily smokers in 2005. This is approximately half the rate of those in the 15-54 age group which is (14.1%) for males and (15.1%) for females.

The rates of occasional smokers, with the exception of females in the 15-54 age group, are not reportable according to Statistics Canada guidelines. The rates of daily and occasional smokers in the 75+ age group are also not reportable according to Statistics Canada guidelines.

TABLE 10
NOVA SCOTIA SMOKING RATES BY SMOKER TYPE AND AGE GROUP,
2005

Age	Daily Smokers (%)		Occasional Smokers (%)	
	Male	Female	Male	Female
15-54	14.1	15.1	-	3.1
55-64	13.1	13.8	-	-
65-74	7.1	7	-	-
75+	-	-	-	-

Note: (-) Indicates the estimate cannot be reliably reported

Source: Statistics Canada, Canadian Community Health Survey 2005, CANSIM table 105-0427

DIABETES PREVALENCE

In 2005 – 2006, nine percent of the population over 20 years had diabetes; that is nearly one in ten Nova Scotians (Table 11). The prevalence of diabetes increases with each age group and doubles from the 30-39 age group to the 40-49 age group. In every age group after 30-39, a higher percentage of men had diabetes than women. The prevalence of diabetes among Nova Scotians peaked in the 70-79 age group.

TABLE 11

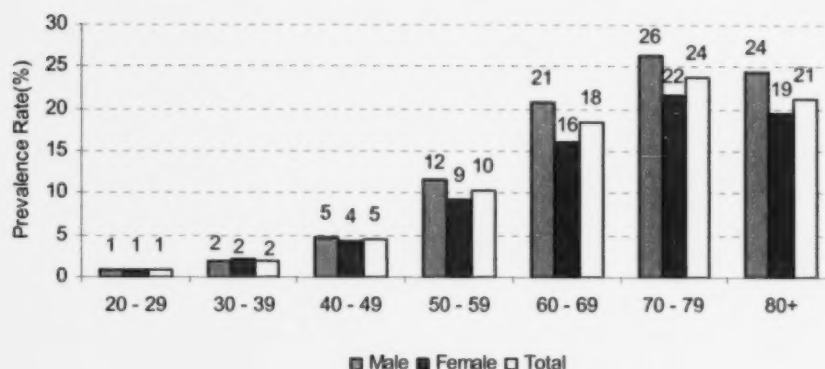
**DIABETES PREVALENCE (CRUDE) RATES (%) FOR
POPULATION AGED 20+ IN NOVA SCOTIA
BY AGE GROUP AND SEX, 2005/06**

Age Group	Male	Female	Total
20 - 29	1	1	1
30 - 39	2	2	2
40 - 49	5	4	5
50 - 59	12	9	10
60 - 69	21	16	18
70 - 79	26	22	24
80+	24	19	21
Total	9	8	9

Source: Diabetes Care Program of Nova Scotia.
Nova Scotia Diabetes Statistics Report,
2008

Figure 6

Diabetes Prevalence Rates(%) by Age Group and Sex, 2005/06



DIABETES INCIDENCE

The incidence of diabetes refers to how many in 1,000 Nova Scotians have diabetes (Table 12). As with the prevalence, the incidence rate of diabetes increases with each age group and doubles from the 30-39 age group to the 40-49 age group (2004 – 2005). In every age group after 30-39 the incidence rate of diabetes was higher for men than women. The exception was the 70-79 age group where the incidence of diabetes was equal for men and women. Overall, the incidence of diabetes peaked for men in the 60-69 age group and peaked for women in the 70-79 age group.

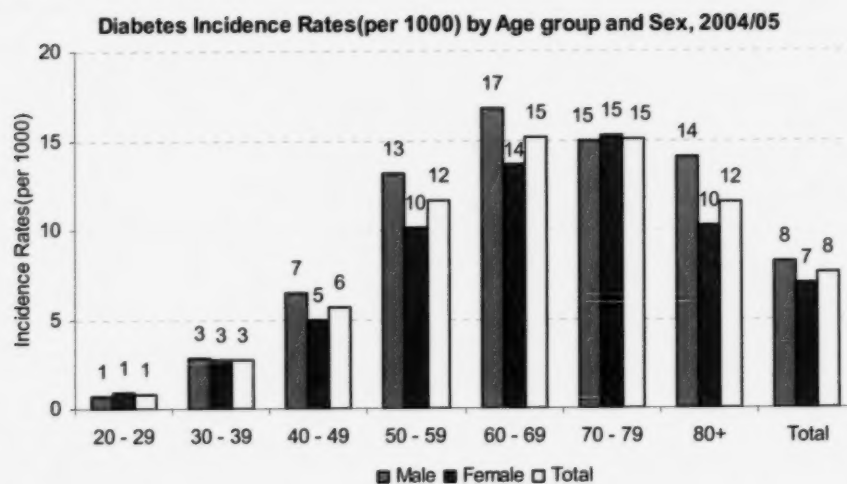
TABLE 12
DIABETES INCIDENCE RATES (per 1000)
FOR POPULATION AGED 20+ IN NOVA SCOTIA
BY AGE GROUP AND SEX, 2004/05

Age Group	Male	Female	Total
20 - 29	1	1	1
30 - 39	3	3	3
40 - 49	7	5	6
50 - 59	13	10	12
60 - 69	17	14	15
70 - 79	15	15	15
80+	14	10	12
Total	8	7	8

Source:

Diabetes Care Program of Nova Scotia.
Nova Scotia Diabetes Statistics Report, 2008.

Figure 7



ASTHMA

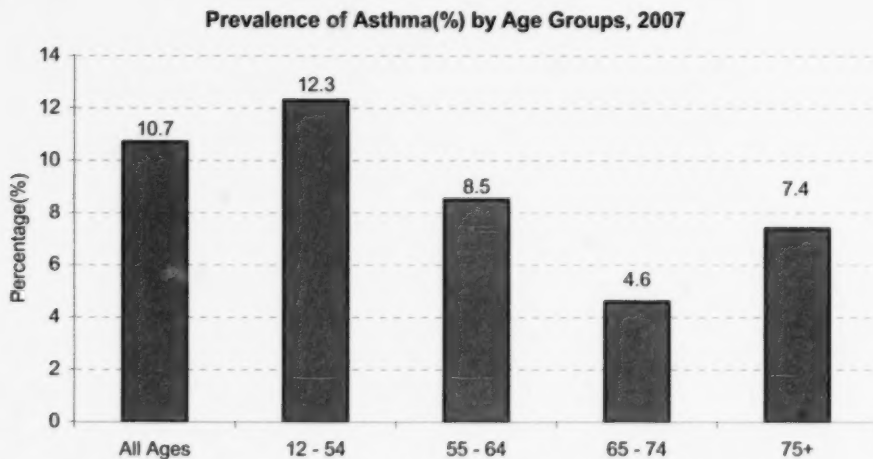
In 2007, asthma was most prevalent among younger Nova Scotians in the 12-54 age group; 12.3% of those in this age group suffer from this chronic illness. Asthma was least prevalent among those 65-74 years (4.6%), compared to those 55-64 (8.5%) and those 75+ (7.4%).

TABLE 13
PREVALENCE OF ASTHMA (%) IN NOVA SCOTIA BY AGE GROUPS,
2007

Age Group	Prevalence of Asthma (%)
All Ages	10.7
12 - 54	12.3
55 - 64	8.5
65 - 74	4.6
75+	7.4

Source: Canadian Community Health Survey, 2007

Figure 8



PHYSICIAN VISITS

Physician visits to both general practitioners (GPs) and specialists increase steadily with age (Table 14). For example in, 2007-2008, GP visits were nearly five times more frequent for a 75+ male than for a male between the ages of 15 and 54. The increase for females, for the same age groups, was more than double. The increase in visits with age to a specialist was more than six-fold for males and nearly triple for females.

When comparing rates for males and females, doctor visits were more frequent for females in the age groups before age 65. In the 65-74 age group, males and females visit their doctor at the same rate. In the 75+ age group, males are slightly more likely to see a doctor than females. Total physician visits per 1,000 males 75 and older measured 13,520, compared to 13,420 for females.

TABLE 14
PHYSICIAN VISITS IN NOVA SCOTIA BY AGE GROUP AND SEX, 2007-2008

Physician	Sex		15 - 54	55 - 64	65 - 74	75+
General Practitioner	Male	Visits	623798	285805	237983	256114
		Per 1,000	2377	4752	6802	10197
	Female	Visits	1174545	347022	272161	414072
		Per 1,000	4404	5612	7060	10427
Specialist	Male	Visits	142371	79824	82442	83457
		Per 1,000	542	1327	2356	3323
	Female	Visits	268634	86745	81036	118871
		Per 1,000	1007	1403	2102	2993
Total Physician	Male	Visits	766169	365629	320425	339571
		Per 1,000	2919	6080	9158	13520
	Female	Visits	1443179	433767	353197	532943
		Per 1,000	5412	7015	9162	13420

Source: Nova Scotia Department of Health

USE OF PHYSICIAN SERVICES – EMERGENCY, OUTPATIENT AND SURGERY

The use of physician services, such as emergency visits, outpatient procedures and surgery, generally increases with age (Table 15). In 2007-2008, the only exception was a comparatively high rate of female emergency visits in the 15-54 age category. Almost 23,000 (22,765) male seniors and 28,022 female seniors were treated by a physician in Nova Scotia emergency rooms. A total of 47,446 seniors were treated by a physician as outpatients, while 65,292 seniors had surgery. Males in the 75+ age group were four and a half times more likely to require surgery than in the 15-54 age group, while females in the 75+ age group were twice as likely to require surgery as in the 15-54 age group.

TABLE 15
USE OF PHYSICIAN SERVICES IN NOVA SCOTIA BY AGE GROUP AND SEX,
2007-2008

Physician	Sex		15 - 54	55 - 64	65 - 74	75+
Emergency	Male	Visits	58425	13855	11015	11750
		Per 1,000	223	230	315	468
	Female	Visits	72305	14187	10777	17245
		Per 1,000	271	229	280	434
Outpatient	Male	Visits	40243	13485	11329	10531
		Per 1,000	153	224	324	419
	Female	Visits	60043	14576	11337	14249
		Per 1,000	225	236	294	359
Surgery	Male	Visits	32612	17538	16351	14765
		Per 1,000	124	292	467	588
	Female	Visits	57013	18694	15989	18187
		Per 1,000	214	302	415	458

Source: Nova Scotia Department of Health

DAY SURGERY

Seniors make up a relatively larger share of the population receiving day surgery in Nova Scotia (Table 16). Seniors accounted for 37% of all adult day surgeries in 2007. Seniors were more likely to have a day surgery than younger Nova Scotians. Seniors between 65 and 74 had 81 % more day surgeries than the 45-64 age group, while the rate was practically doubled for seniors 75 and older (95 % higher than the 45-64 age group).

The most common intervention for those 75 and older is eye related, followed by digestive system interventions; together these two categories comprised 64 % of day surgeries for this age group. Similarly, eye and digestive interventions accounted for 62 % of interventions for the 65-74 age group, although digestive system interventions outnumbered eye interventions for these younger seniors.

TABLE 16
DAY SURGERY INTERVENTIONS IN NOVA SCOTIA HOSPITALS BY AGE GROUP, 2007

		15 - 44	45 - 64	65 - 74	75+
Total Population		377,056	274,028	73,540	64,828
Intervention					
Eye	Interventions	396	2,568	3,610	5,675
	Per 100,000	105	937	4,909	8,754
Digestive System	Interventions	6,496	15,845	6,604	4,383
	Per 100,000	1,723	5,782	8,980	6,761
Urinary System	Interventions	1,742	4,747	3,064	3,173
	Per 100,000	462	1,732	4,166	4,894
Skin, Subcutaneous Tissue and Breast	Interventions	920	1,265	504	486
	Per 100,000	244	462	685	750
Cardiovascular	Interventions	209	457	246	309
	Per 100,000	55	167	335	477
Nervous System	Interventions	503	933	243	220
	Per 100,000	133	340	330	339
Musculoskeletal	Interventions	2,616	3,727	967	402
	Per 100,000	694	1,360	1,315	620
Respiratory	Interventions	146	463	281	201
	Per 100,000	39	169	382	310
Ear, Nose and Throat	Interventions	1,474	689	137	82
	Per 100,000	391	251	186	126
All Interventions	Interventions	19,947	33,835	16,434	15,591
	Per 100,000	5,290	12,347	22,347	24,050

Source: Canadian Institute for Health Information, Discharge Abstract Database, National Ambulatory Care Reporting System

Figure 9

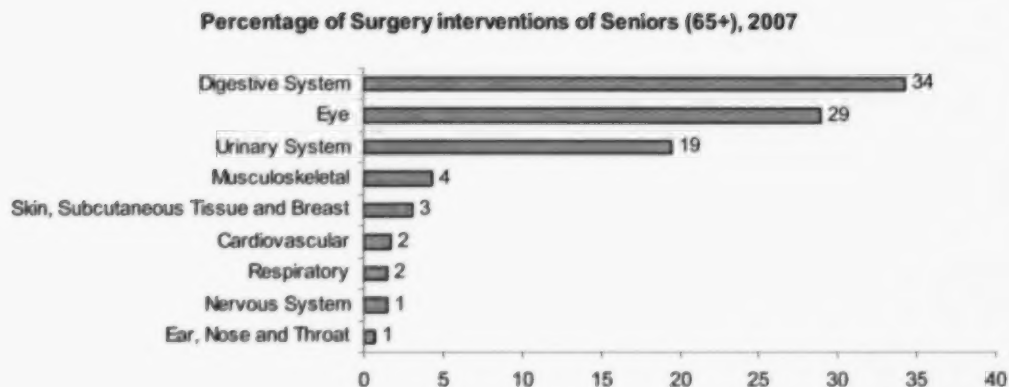


Figure 10

Ear, Nose and Throat	219	1
Nervous System	463	1
Respiratory	482	2
Cardiovascular	555	2
Skin, Subcutaneous Tissue and Breast	990	3
Musculoskeletal	1369	4
Urinary System	6237	19
Eye	9285	29
Digestive System	10987	34
All Interventions	32025	

HOSPITALIZATION

Although seniors make up 15% of the province's population, they account for a relatively large share of hospitalizations (Table 17). In 2007, seniors accounted for four in ten (42%) hospitalizations of persons 15 and older. Seniors were much more likely to be hospitalized than younger Nova Scotians. The hospitalization rate for seniors between 65 and 74 was more than double that of the 45-54 age group, while the rate was almost four times higher for seniors aged 75 and older.

By far, the leading cause of hospitalization for all seniors is circulatory disease. The most common reasons for hospitalization for those 65+ were diseases of the circulatory system (24%), diseases of the digestive system (11%), diseases of the respiratory system (10%), cancer (9%) and injury, poisoning and certain other consequences of external causes (8%).

TABLE 17
HOSPITAL SEPARATIONS IN NOVA SCOTIA BY DIAGNOSIS AND AGE GROUP, 2007

		15 - 44	45 - 64	65 - 74	75+
Total Population		377,056	274,028	73,540	64,828
Most Responsible Diagnosis					
Diseases of the circulatory system	Separations	687	4,073	2,941	4,640
	Per 100,000	182	1,486	3,999	7,157
Diseases of the respiratory system	Separations	652	1,151	1,059	2,190
	Per 100,000	173	420	1,440	3,378
Diseases of the digestive system	Separations	2,432	2,968	1,444	1,984
	Per 100,000	645	1,083	1,964	3,060
Injury, poisoning and certain other consequences of external causes	Separations	1,662	1,643	918	1,658
	Per 100,000	441	600	1,248	2,558
Cancer(Malignant Neoplasms)	Separations	760	2,452	1,490	1,483
	Per 100,000	202	895	2,026	2,288
Diseases of the genitourinary system	Separations	1,312	1,639	845	1,075
	Per 100,000	348	598	1,149	1,658
Diseases of the musculoskeletal system and connective tissue	Separations	564	1,338	885	825
	Per 100,000	150	488	1,203	1,273
Endocrine, nutritional and metabolic diseases	Separations	397	548	370	492
	Per 100,000	105	200	503	759
Diseases of the nervous system	Separations	254	343	211	332
	Per 100,000	67	125	287	512
All Hospitalizations	Separations	23,687	21,323	12,891	19,051
	Per 100,000	6,282	7,781	17,529	29,387

Source: Canadian Institute for Health Information, Discharge Abstract Database

Figure 11

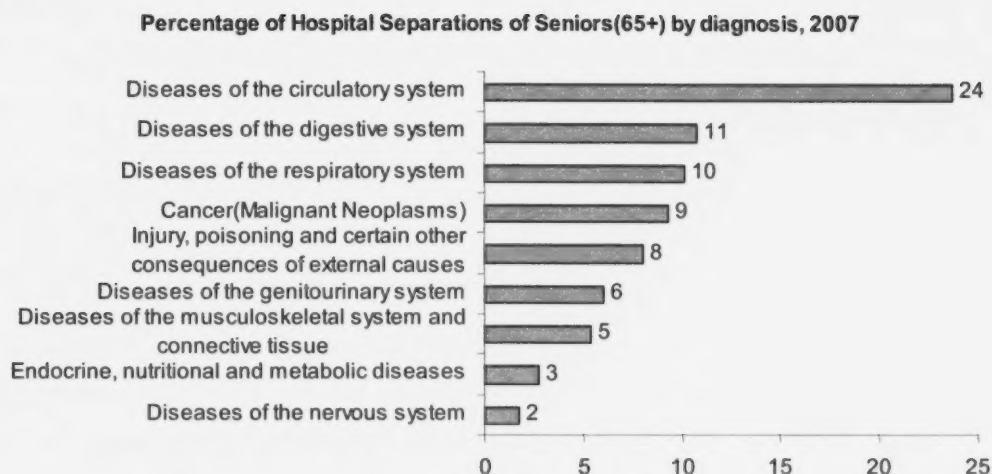


Figure 12

Most Responsible Diagnosis	65+	
Diseases of the nervous system	543	2
Endocrine, nutritional and metabolic diseases	862	3
Diseases of the musculoskeletal system and connective tissue	1,710	5
Diseases of the genitourinary system	1,920	6
Injury, poisoning and certain other consequences of external causes	2,576	8
Cancer(Malignant Neoplasms)	2,973	9
Diseases of the respiratory system	3,249	10
Diseases of the digestive system	3,428	11
Diseases of the circulatory system	7,581	24
All Hospitalizations	31,942	

HOSPITALIZATION DUE TO INJURY

Hospitalizations due to injury are the highest for Nova Scotians in the 15-54 and 75+ age groups (Table 18A and 18B). In 2007 – 2008, those in the 75+ age group accounted for 40% of the hospitalizations, compared to those in the 15-54 age group who accounted for 36%.

Men 65+ accounted for 35% of hospitalizations, while women 65+ accounted for 70% of hospitalizations. When the 65-74 and 75+ age groups are compared, the likelihood of being hospitalized due to an injury nearly doubles for men and increases four times for women in the older age group.

TABLE 18A
HOSPITALIZATION DUE TO INJURY FOR NOVA SCOTIANS BY AGE GROUP, 2007/08

Age Group	Total	Male	Female
15-54	1776	1262	514
55-64	548	279	269
65-74	626	281	345
75+	1967	557	1410
All Ages	4917	2379	2538

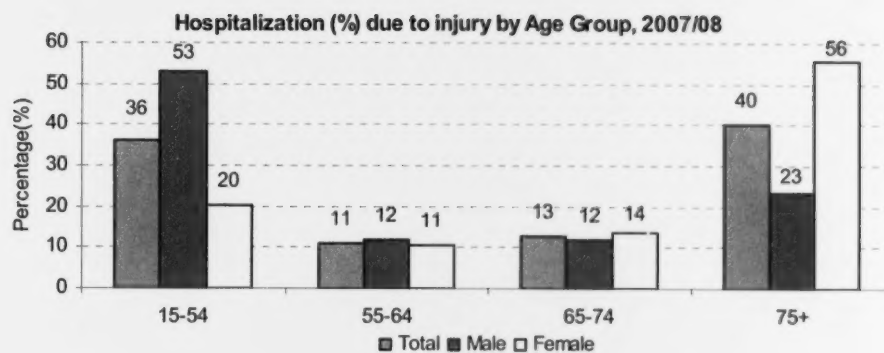
Source: Nova Scotia Department of Health, Information Management Services, CIHI Discharge Abstract Database, 2007/08

TABLE 18B
HOSPITALIZATION (%) DUE TO INJURY BY AGE GROUP, 2007/08

Age Group	Total	Male	Female
15-54	36	53	20
55-64	11	12	11
65-74	13	12	14
75+	40	23	56

Source: Nova Scotia Department of Health, Information Management Services, CIHI Discharge Abstract Database, 2007/08

Figure 13



HOSPITALIZATION DUE TO A FALL RELATED INJURY

Hospitalizations due to a fall-related injury is the highest for Nova Scotians 75+ (Table 19A). Those in the 75+ age group accounted for 54% of the hospitalizations, compared to 19% for those 15-54, 12% for those 55-64 and 15% for those 65-74.

Men 65+ accounted for 54% of hospitalizations due to a fall, while women 65+ accounted for 77% of hospitalizations (Table 19B). When the 65-74 and 75+ age groups are compared, the likelihood of being hospitalized due to a fall-related injury increases by two and half times for men and four times for women in the older age group.

TABLE 19A
HOSPITALIZATION DUE TO FALL RELATED INJURY FOR NOVA SCOTIANS
BY AGE GROUP, 2007/08

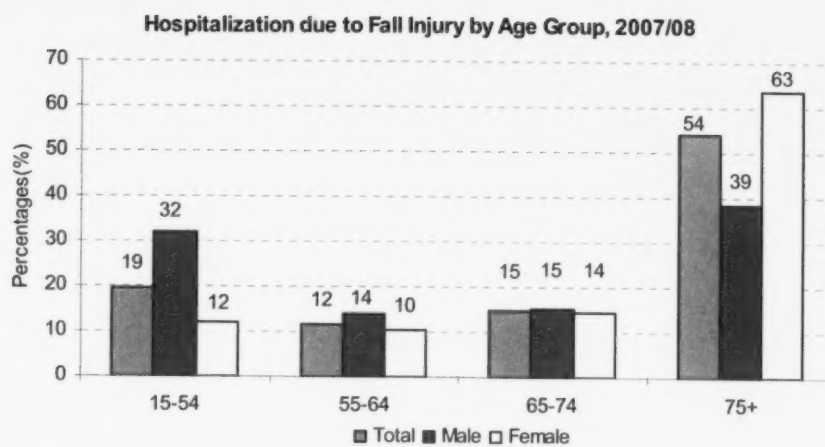
Age Group	Total	Male	Female
15-54	646	400	246
55-64	390	177	213
65-74	491	193	298
75+	1800	484	1316
All Ages	3327	1254	2073

Source: Nova Scotia Department of Health, Information Management Services,
CIHI Discharge Abstract Database, 2007/08

TABLE 19B
HOSPITALIZATION (%) DUE TO FALL RELATED INJURY BY AGE GROUP, 2007/08

Age Group	Total	Male	Female
15-54	19	32	12
55-64	12	14	10
65-74	15	15	14
75+	54	39	63
All Ages	100	100	100

Figure 14



CAUSE OF DEATH

In 2007, major cardiovascular diseases and cancer were the leading cause of death for Nova Scotia seniors (Table 20). In the 65-74 age group, cancer caused 637 deaths, followed by 351 deaths from cardiovascular disease. Cardiovascular disease overtook cancer as the leading cause of death in the 75+ category. Cardiovascular disease took 1,761 lives, while cancer took 1,114 lives of seniors 75 and older. About seven in ten (70%) deaths of Nova Scotians aged 65-74 were caused by circulatory disease or cancer, while 57 % of the deaths in the 75+ age group were accounted for by these two causes.

Other causes of death among seniors included chronic respiratory disease, Alzheimer's disease, accidents (unintentional injuries), influenza and pneumonia, diabetes and other diseases of the respiratory system. The death rates for the 10 diseases (identified in Table 20) that most affect seniors, increase steadily with age. For example, the death rate per 100,000 for the top ten diseases was 496 for the 45-64 age group, 1,927 for those 65-74, and 7,848 for seniors 75+. The death rate for seniors 75+ was four times that of seniors aged 65-74 and over 15 times that of those aged 45-64.

TABLE 20
CAUSE OF DEATH IN NOVA SCOTIA BY AGE GROUP, 2007

		15 - 44	45 - 64	65- 74	75+
Total Population		377,056	274,028	73,540	64,828
Cause of Death					
Major cardiovascular diseases	Deaths	26	320	351	1,761
	Per 100,000	7	117	477	2,716
Cancer (Malignant Neoplasms)	Deaths	77	612	637	1,114
	Per 100,000	20	223	866	1,718
Chronic Respiratory Diseases	Deaths	1	47	78	344
	Per 100,000	0	17	106	531
Alzheimer's Disease	Deaths	1	6	17	237
	Per 100,000	0	2	23	366
Influenza and Pneumonia	Deaths	3	17	19	179
	Per 100,000	1	6	26	276
Accidents (unintentional injuries)	Deaths	95	66	37	180
	Per 100,000	25	24	50	278
Diabetes mellitus	Deaths	3	38	47	155
	Per 100,000	1	14	64	239
Nephritis, nephritic syndrome and nephritis	Deaths	1	12	19	95
	Per 100,000	0	4	26	147
Parkinson's Disease	Deaths	0	1	6	53
	Per 100,000	0	0	8	82
Other diseases of respiratory system	Deaths	1	14	21	52
	Per 100,000	0	5	29	80
Total for All Causes	Deaths	297	1,359	1,417	5,088
	Per 100,000	79	496	1,927	7,848

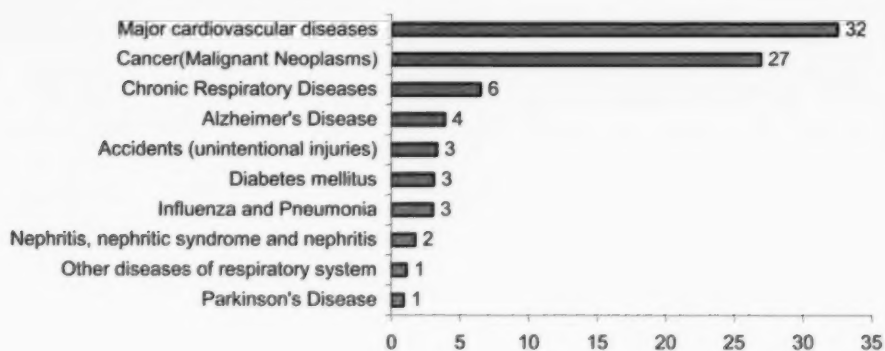
Source: Service Nova Scotia and Municipal Relations, Vital Statistics Mortality Database

Figure 15

Parkinson's Disease	1
Other diseases of respiratory system	1
Nephritis, nephritic syndrome and nephritis	2
Influenza and Pneumonia	3
Diabetes mellitus	3
Accidents (unintentional injuries)	3
Alzheimer's Disease	4
Chronic Respiratory Diseases	6
Cancer(Malignant Neoplasms)	27
Major cardiovascular diseases	32
Total for All Causes	6505

Figure 16

Percentage of Seniors(65+) Deaths by Cause of Death, 2007



MENTAL HEALTH HOSPITAL SERVICES

In relative terms, in 2007, fewer seniors were admitted to a hospital for a mental health diagnosis than their younger counterparts (Table 21). However, duration of stay increased steadily and dramatically with age, nearly doubling for the 65-74 age group compared to the 45-64 age group. The length of stay for the 65-74 and 75+ age groups was 59 and 66 days respectively. These stays were considerably longer than the 22 days and 31 days for the 15-44 and 45-64 age groups. Overall, seniors are less likely to be admitted to the hospital for mental health care, but stay for longer periods when they are admitted.

TABLE 21
MENTAL HEALTH HOSPITAL SERVICES FOR NOVA SCOTIANS BY AGE GROUP, 2007

Age	Total Population	Separations	Separations per 100,000	Total Stay (days)	Average Length of Stay (days)
15-44	377,056	1,880	499	41,767	22
45-64	274,028	1,027	375	31,886	31
65-74	73,540	185	252	10,992	59
75+	64,828	100	154	6,571	66

Source: Canadian Institute for Health Information, Discharge Abstract Database

SELF RATED MENTAL HEALTH

In 2005, 60% of Nova Scotia's seniors rated their mental health as 'Very Good/Excellent', 27% rated their mental health as 'Good' and 5% rated their mental health as 'Fair/Poor' (Table 22). A self rated mental health status of 'Very Good/Excellent' declined with age for both men and women. Sixty percent of men and women 65+ rated their mental health as 'Very Good/Excellent'.

The self rated mental health of males in the 12-34 and 35-44 age groups and females in the 12-34 age group are not reportable according to Statistics Canada guidelines.

TABLE 22
SELF RATED MENTAL HEALTH OF POPULATION (%) , BY AGE GROUP AND SEX,
2005

Total - Male and Female

Age Group	Very Good/ Excellent	Good	Fair/Poor
12 - 34	79	17	2
35 - 44	72	23	4
45 - 64	69	23	6
65+	60	27	5

Male

Age Group	Very Good/ Excellent	Good	Fair/Poor
12 - 34	80	16	-
35 - 44	75	21	-
45 - 64	66	25	7
65+	60	25	6

Female

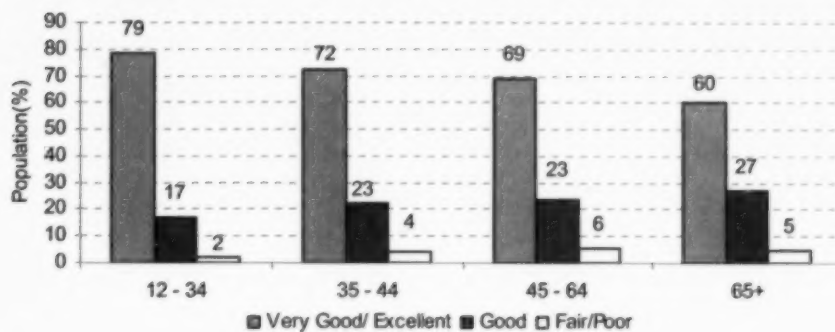
Age Group	Very Good/ Excellent	Good	Fair/Poor
12 - 34	78	18	-
35 - 44	70	24	4
45 - 64	72	22	4
65+	60	29	4

Note: (-) Indicates the estimate cannot be reliably reported

Source: Statistics Canada. Table 105-0321, CANSIM (database).

Figure 17

Self Rated Mental Health of Population (%) by Age Group, 2005



BODY MASS INDEX

In 2005, 38% of seniors fell within the 'Normal Weight' category, while 40% were 'Over Weight' and 17% were 'Obese' (Table 23). When men and women are compared, the same percentage, 38%, fell within the 'Normal Weight' category. However, men 65+ were more likely to be 'Over Weight' and 'Obese' than women 65+. Forty-two percent of men compared to 38% of women were 'Over Weight', and 20% of men compared to 16% of women were 'Obese'. Overall, men were 11% more likely to be overweight than women and 25% more likely to be obese.

TABLE 23
BODY MASS INDEX (BMI) OF POPULATION (%) BASED ON SELF REPORTED HEIGHT AND WEIGHT, BY AGE GROUP AND SEX, 2005

Total- Male and Female

Age group	Under Weight, BMI <18.5	Normal Weight, BMI = (18.5 to 24.9)	Over Weight, BMI = (25.0 to 29.9)	Obese, BMI >= 30.0
18 - 34	2	52	26	18
35 - 44	-	40	38	19
45 - 64	-	31	38	26
65+	2	38	40	17

Male

Age group	Under Weight, BMI <18.5	Normal Weight, BMI = (18.5 to 24.9)	Over Weight, BMI = (25.0 to 29.9)	Obese, BMI >= 30.0
18 - 34	-	46	36	17
35 - 44	-	32	49	18
45 - 64	-	26	47	26
65+	-	38	42	20

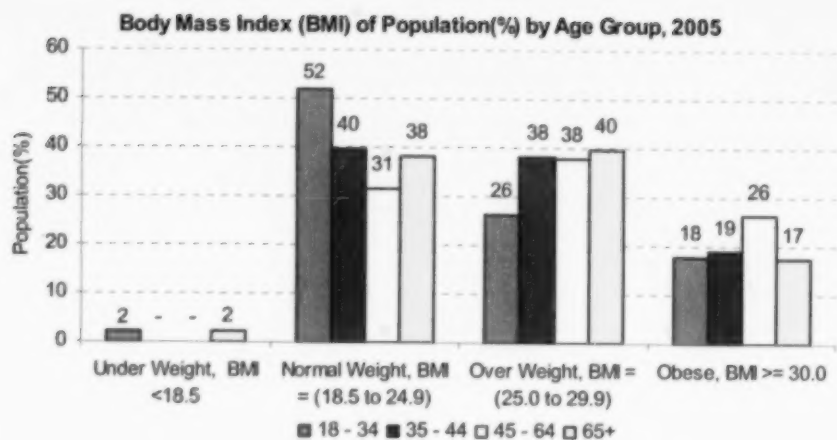
Female

Age group	Under Weight, BMI <18.5	Normal Weight, BMI = (18.5 to 24.9)	Over Weight, BMI = (25.0 to 29.9)	Obese, BMI >= 30.0
18 - 34	-	57	17	18
35 - 44	-	47	27	20
45 - 64	-	36	29	27
65+	3	38	38	16

Note: (-) Indicates the estimate cannot be reliably reported

Source: Statistics Canada. Table 105-0309, CANSIM (database).

Figure 18



SENIORS' PHARMACARE

Nova Scotia Seniors' Pharmacare coverage is available to residents 65 and older who do not receive drug coverage through a private plan. During 2008-2009, 98,522 Nova Scotia seniors, 60,218 women and 38,304 men, were enrolled in Pharmacare (Table 24A). On average seniors who benefited from Pharmacare received 34 prescriptions during the year. Women had 36 prescriptions filled, 16 % ahead of the 31 prescriptions for men. Prescription medication usage increases steadily with age for both men and women.

Men 85 and older filled 39 prescriptions, compared to 35 for the 75-84 age group and 27 for younger senior males. In other words, males 85+ took home 44 % more prescriptions than their counterparts in the 65-74 age group. The pattern is even more pronounced for female members of Pharmacare. Women 85+ filled 46 prescriptions compared to 39 for the 75-84 age group and 27 for younger senior females. This represented a contrast of 70 % between younger and older senior women. Costs for prescription medications peaked at age 75-84 for both men and women.

TABLE 24A
NOVA SCOTIA SENIORS' PHARMACARE
PRESCRIPTION DRUG UTILIZATION BY AGE GROUP, 2008-09

		All Seniors	65 - 74	75 - 84	85+
Male	Prescriptions	31	27	35	39
	Cost	1,837	1,683	2,023	1,968
	Clients	38,304	20,356	14,200	3,748
Female	Prescriptions	36	27	39	46
	Cost	1,796	1,570	1,956	1,940
	Clients	60,218	24,351	21,654	14,213
Total	Prescriptions	34	54	74	86
	Cost	1,812	3,253	3,979	3,908
	Clients	98,522	44,707	35,854	17,961

Note:

The numbers represent average number of prescriptions and cost per person by age group

Source: Nova Scotia Department of Health

Figure 19

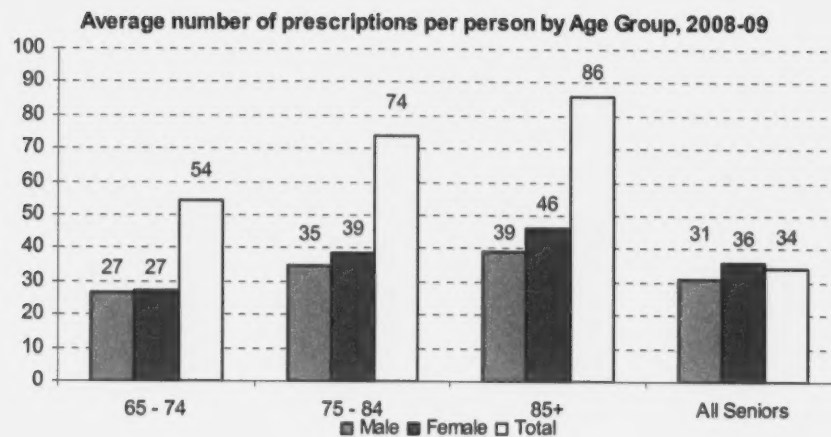


Table 24B

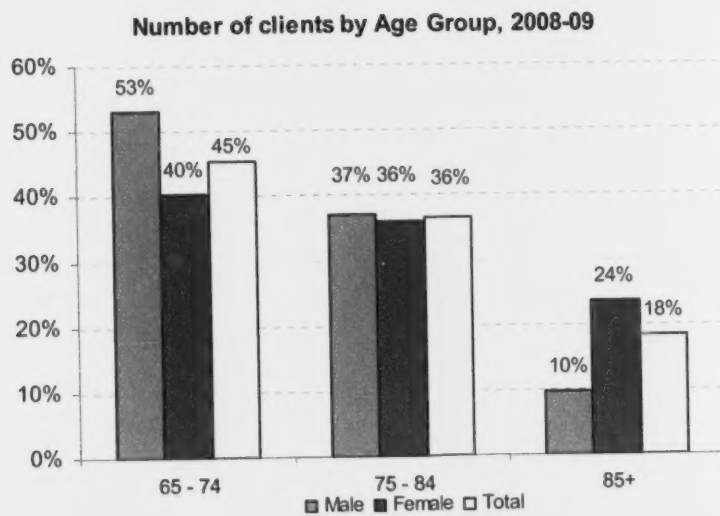
Age Group	<u>Average number of Prescriptions</u>		
	Male	Female	Total
65 - 74	27	27	54
75 - 84	35	39	74
85+	39	46	86
All Seniors	31	36	34

Age Group	<u>Average cost per person</u>		
	Male	Female	Total
65 - 74	1,683	1,570	3,253
75 - 84	2,023	1,956	3,979
85+	1,968	1,940	3,908
All Seniors	1,837	1,796	1,812

Age Group	<u>Clients</u>		
	Male	Female	Total
65 - 74	20,356	24,351	44,707
75 - 84	14,200	21,654	35,854
85+	3,748	14,213	17,961
All Seniors	38,304	60,218	98,522

Age Group	<u>% of Clients by Age Group</u>		
	Male	Female	Total
65 - 74	53%	40%	45%
75 - 84	37%	36%	36%
85+	10%	24%	18%
All Seniors			

Figure 20



ADULT PROTECTION

During 2008-2009, the Nova Scotia Department of Health's Adult Protection Services intervened on behalf of 926 seniors and 182 adults aged 50 to 64 years who met the definition of "an adult in need of protection" as defined in the *Adult Protection Act* (Table 25).

Seven in ten, or 71% of these cases involved self-neglect. Caregiver neglect was the second most common issue. Neglect involving a caregiver was the reason for 127 or 11 % of the intakes. Other reasons for intervention included mental cruelty (5%) and financial abuse (4%).

TABLE 25
ADULT PROTECTION SERVICES
INTAKES OF OLDER NOVA SCOTIANS
BY PRESENTING PROBLEM, 2008-2009

Intake	Age Group		
	50 to 64	65 to 84	85+
Self- Neglect	144	430	218
Caregiver Neglect	12	67	48
Physical Abuse	5	22	11
Mental Cruelty	3	34	13
Financial Abuse	2	26	15
Other	16	31	11
Total	182	610	316

Source: Nova Scotia Department of Health, Adult Protection Services

MI'KMAQ POPULATION

The heritage of seniors in Nova Scotia is less diverse than other groups in the province (Table 26). For example, in 2006, only four percent of residents of Mi'kmaq reserves were 65 and older, and six percent were between the ages of 55 and 64. These rates were less than half the rate for the overall senior population in the province. Aboriginal Nova Scotians experience decreased life expectancies due partly to higher rates of diabetes and respiratory disease. The population of seniors ranged from a low of two to three percent in five Mi'kmaq communities to a high of six percent in three communities – Membertou, Millbrook and Paq'tnekek.

There are 305 seniors and 455 in the 55-65 age group living on reserves in Nova Scotia (Table 27A). This means that four percent of the population of Aboriginals living on reserves is 65+ and six percent of the population falls in the 55-65 age group. Table 27B and Figure 21 compare the percentages of Aboriginals living on and off reserves. Seventy-five percent of Nova Scotia's Aboriginal seniors live off reserve and 25% live on reserve.

TABLE 26
POPULATION OF OLDER NOVA SCOTIANS AGED 55+ LIVING ON RESERVES, 2006

Reserve	55 - 64 years		65+ Years		Total Population (All Ages)
	Population	Population (%)	Population	Population (%)	
Acadia	25	10	10	4	255
Annapolis Valley	-	-	-	-	-
Bear River	10	10	5	5	100
Chapel Island	20	4	10	2	445
Eskasoni	165	6	85	3	2955
Glooscap	15	23	0	0	65
Indian Brook	70	7	50	5	1015
Membertou	40	6	45	6	725
Millbrook	40	6	40	6	700
Paq'tnekek	20	6	20	6	340
Pictou Landing	20	5	10	3	400
Wagmatcook	15	4	10	2	410
Waycobah	30	5	20	3	615
Total	470	6	305	4	8025

Note: Annapolis Valley data not available.

Source: Statistics Canada, Census 2006

TABLE 27A
ABORIGINALS LIVING ON/OFF RESERVE BY AGE GROUP, 2006

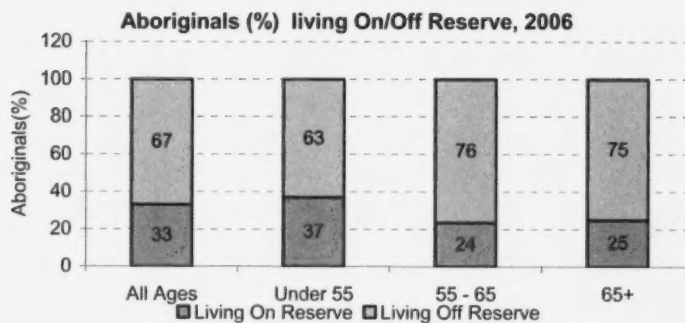
Aboriginal Identity Population	All Ages	Under 55	55 - 65	65+
Living On Reserve	7,980	7,185	455	305
Living Off Reserve	16,195	12,275	1,480	920
Total	24,175	19,460	1,935	1,225

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-558-XCB2006006

Table 27B

Aboriginal Identity Population	All Ages	Under 55	55 - 65	65+
Living On Reserve	33	37	24	25
Living Off Reserve	67	63	76	75
Total	24,175	19,460	1,935	100

Figure 21



Figures for Aboriginals with Registered Indian Status show a similar pattern as those living on reserves (Table 28A and 28B). In 2006, there were 560 seniors and 825 in the 55-65 age group with Registered Indian Status. This means that five percent of the population of Aboriginals with Registered Indian Status was 65+ and seven percent of the population fell within the 55-65 age group. Figure 22 compares the percentages of Aboriginals with and without Registered Indian Status. Forty-six percent of Nova Scotia's Aboriginal seniors had Registered Indian Status and 54% did not have Registered Indian Status.

TABLE 28A
ABORIGINALS BY REGISTERED INDIAN STATUS BY AGE GROUP, 2006

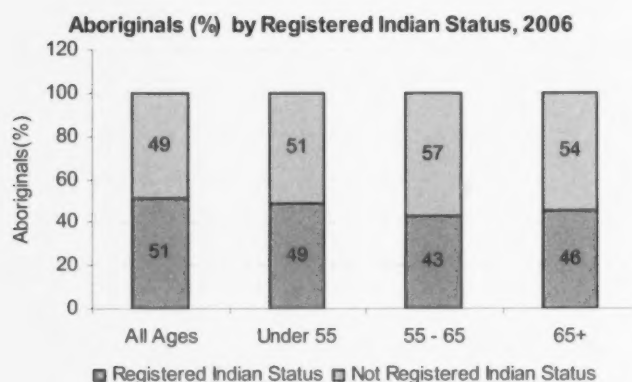
Aboriginal Identity Population	All Ages	Under 55	55 - 65	65+
Registered Indian Status	12,425	9,490	825	560
Not Registered Indian Status	11,750	9,970	1,110	665
Total	24,175	19,460	1,935	1,225

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-558-XCB2006010

TABLE 28B
ABORIGINALS (%) BY REGISTERED INDIAN STATUS

Aboriginal Identity Population	All Ages	Under 55	55 - 65	65+
Registered Indian Status	51	49	43	46
Not Registered Indian Status	49	51	57	54
Total	100	100	100	100

Figure 22



LANGUAGE

The five most commonly spoken languages by Nova Scotia seniors are English, French, German, Dutch and Italian (Table 29). Gaelic is next most commonly spoken language. Four hundred and sixty seniors identify as being able to speak Gaelic. The pattern is similar compared to the 55-64 age group for which the five most commonly spoken languages are English, French, German, Dutch and Arabic. A smaller portion of those in the 55-64 age group speak Gaelic. Seniors are four times more likely to speak Gaelic than those in the 55-64 age group.

TABLE 29
VARIOUS LANGUAGES SPOKEN BY NOVA SCOTIANS BY AGE GROUP, 2006

Language	All Ages	Under 55	55-64	65+
English	900,700	590,775	118,880	130,455
French	96,015	76,130	9,880	10,000
German	7,520	4,650	1,345	1,520
Arabic	5,765	4,925	530	310
Spanish	5,360	4,460	480	420
Mi'kmaq	4,925	4,290	375	260
Dutch	2,755	1,085	680	980
Chinese	2,205	1,720	260	205
Italian	1,650	905	260	475
Polish	1,630	1,015	270	350
Greek	1,355	780	160	385
Hindi	1220	660	215	320
Russian	975	740	100	140
Korean	975	915	15	40
Gaelic Languages	890	315	110	460

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-555-XCB2006010.

IMMIGRANT STATUS AND PLACE OF BIRTH

In 2006, the majority of Nova Scotia's seniors 65+ were non-immigrants – a total of 119,830 or 91% (Table 30). Seniors who immigrated to Nova Scotia made up 11,080 or eight percent of the population in the 65+ age group. Of the immigrant population 66% were from Europe, 19% were from the US and nine percent were from Asia and the Middle East. The remaining seven percent were from Central America, the Caribbean and Bermuda, South America, Africa, Oceania and other and are non-permanent residents.

TABLE 30
IMMIGRANT STATUS AND PLACE OF BIRTH OF NOVA SCOTIANS BY AGE GROUP, 2006

Immigrant status and place of birth	Total - All Ages	Under 54	55 - 64	65+
Non-immigrants	854,495	601,100	109,560	119,830
Born in province of residence	693,225	475,425	89,105	100,250
Born outside province of residence	161,270	125,670	20,455	19,575
Immigrants	45,195	33,535	9,345	11,080
United States of America	7,960	5,800	1,750	2,115
Central America	490	420	15	25
Caribbean and Bermuda	980	770	155	185
South America	530	450	60	100
Europe	22,565	16,285	5,790	7,295
Western Europe	5,755	4,110	1,470	1,575
Eastern Europe	2,110	1,695	370	515
Southern Europe	2,150	1,700	370	760
Italy	540	410	125	290
Other Southern Europe	1,615	1,290	240	470
Northern Europe	12,550	8,775	3,580	4,450
United Kingdom	11,665	8,135	3,360	4,175
Other Northern Europe	885	645	220	275
Africa	2,125	1,625	265	210
Western Africa	380	280	40	0
Eastern Africa	495	435	45	75
Northern Africa	845	590	125	30
Central Africa	50	50	0	0
Southern Africa	350	265	50	105
Asia and the Middle East	9,910	7,650	1,240	1,005
West Central Asia and the Middle East	3,950	3,100	445	235
Eastern Asia	2,735	1,990	280	200
China, People's Republic of	1,740	1,200	160	160

Immigrant status and place of birth	Total - All Ages	Under 54	55 - 64	65+
Other Eastern Asia	715	555	75	10
Southeast Asia	1,115	895	155	140
Philippines	420	345	45	70
Other Southeast Asia	695	550	110	70
Southern Asia	2,115	1,640	365	420
India	1,440	1,080	320	365
Other Southern Asia	680	570	40	60
Oceania and other	630	520	65	140
Non-permanent residents	3,400	2,885	165	165
Total - Immigrant status and place of birth	903,090	637,515	119,075	131,070

Source: Statistics Canada - 2006 Census. Catalogue Number 97-557-XCB2006013.

Note(s)

Non-immigrants are persons who are Canadian citizens by birth. Although most Canadian citizens by birth were born in Canada, a small number were born outside Canada to Canadian parents.

Immigrants are persons who are, or have ever been, landed immigrants in Canada. A landed immigrant is a person who has been granted the right to live in Canada permanently by immigration authorities. Some immigrants have resided in Canada for a number of years, while others are recent arrivals. Most immigrants are born outside Canada, but a small number were born in Canada. This includes immigrants who landed in Canada prior to Census Day, May 16, 2006.

Oceania and Other - 'Other' includes Greenland, Saint Pierre and Miquelon, the category 'Other country,' as well as immigrants born in Canada.

Non-permanent residents are persons from another country who, at the time of the census, held a Work or Study Permit or who were refugee claimants, as well as family members living with them in Canada.

VISIBLE MINORITY GROUPS IN NOVA SCOTIA

In 2006, the largest visible minority group among the non-immigrant senior population was Black – 1,385 Nova Scotia seniors identify as Black; likely due to the fact that Nova Scotia has the largest indigenous Black population in the country (Table 31). It should be noted that many Black Nova Scotians identify themselves as Black, African Nova Scotian or African Canadian. Among the immigrant senior population, the largest visible minority group is South Asian and among non-permanent residents it is Latin American.

TABLE 31
VISIBLE MINORITY GROUPS IN NOVA SCOTIA BY AGE GROUP, 2006

Visible minority groups	Total		Non-immigrants		Immigrants		Non-permanent residents	
	All Ages	65+	All Ages	65+	All Ages	65+	All Ages	65+
Total - Population by visible minority groups	903,090	131,070	854,495	119,830	45,190	11,085	3,400	165
Not a visible minority	865,405	128,315	831,035	118,250	33,040	9,915	1,330	150
Total visible minority population	37,680	2,755	23,460	1,580	12,150	1,165	2,065	10
Black	19,230	1,485	17,625	1,385	1,235	100	365	0
Arab	4,505	250	1,295	85	3,045	170	160	0
Chinese	4,305	270	1,385	50	2,355	210	560	0
South Asian	3,810	525	1,080	20	2,540	505	190	0
Latin American	950	40	155	10	580	30	215	10
Southeast Asian	815	25	340	0	415	15	55	0
Korean	800	20	95	20	435	0	265	0
West Asian	775	10	125	0	575	10	75	0
Filipino	700	60	265	0	420	65	20	0
Japanese	500	10	210	10	175	0	120	0
Visible minority, n.i.e	260	10	150	0	95	10	15	0
Multiple visible minority	1,930	25	730	0	285	20	20	0

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-562-XCB2006016

Note:

1. Non-permanent residents

Non-permanent residents are persons from another country who, at the time of the census, held a Work or Study Permit, or who were refugee claimants, as well as family members living with them in Canada.

2. Total visible minority population

The *Employment Equity Act* defines visible minorities as 'persons, other than Aboriginal peoples, who are non-Caucasian in race or non-white in colour'.

3. South Asian

For example, 'East Indian', 'Pakistani', 'Sri Lankan', etc.

4. Southeast Asian

For example, 'Vietnamese', 'Cambodian', 'Malaysian', 'Laotian', etc

5. West Asian

For example, 'Iranian', 'Afghan', etc.

6. Visible minority, n.i.e.

The abbreviation 'n.i.e.' means 'not included elsewhere'. Includes respondents who reported a write-in response such as 'Guyanese', 'West Indian', 'Kurd', 'Tibetan', 'Polynesian', 'Pacific Islander', etc.

7. Multiple visible minority

Includes respondents who reported more than one visible minority group by checking two or more mark-in circles, e.g., 'Black' and 'South Asian'.

8. Not a visible minority

Includes respondents who reported 'Yes' to the Aboriginal identity question (Question 18) as well as respondents who were not considered to be members of a visible minority group.

LIVING ARRANGEMENTS

FAMILY STATUS AND LIVING ARRANGEMENTS

In 2006, a large majority of seniors who lived in a private household lived with their family (Table 32A, 32B and Figure 23). This includes those who lived with their spouse and those who lived with their relatives. Two-thirds (68%) of Nova Scotia seniors lived with family, six in ten (63%) lived with their spouse and five percent lived with relatives. While most seniors lived with family, a substantial number lived alone. Nearly one-third (29%) of seniors lived alone. In the 55-64 age group, almost eight in ten (79%) lived with a spouse or common law partner. Only 15% of the members of this age group lived alone.

TABLE 32A
FAMILY STATUS OF NOVA SCOTIANS AND LIVING ARRANGEMENTS BY AGE GROUP, 2006

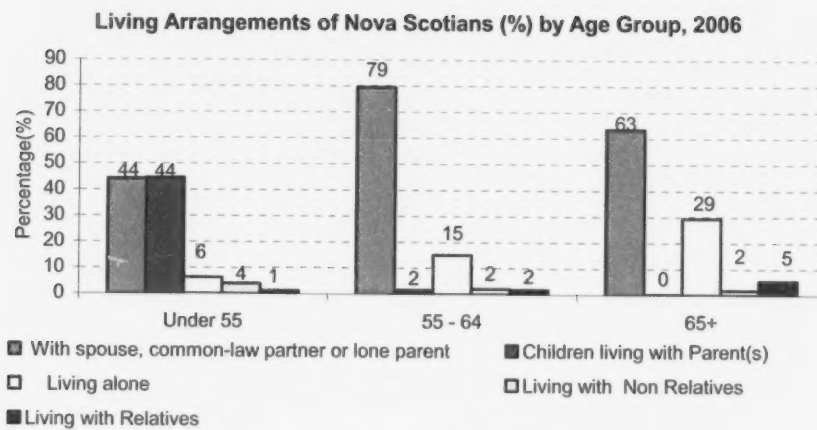
Living Arrangements	All Ages	Under 55	55 - 64	65+
With spouse, common-law partner or lone parent	489,540	314,540	94,250	82,185
Children living with Parent(s)	262,000	316,975	1,905	325
Living alone	99,945	44,610	17,765	37,950
Living with Non Relatives	31,005	27,680	2,560	2,330
Living with Relatives	17,265	8,810	2,165	6,975
Total	899,755	712,615	118,640	129,760

Source: Statistics Canada - 2006 Census. Catalogue Number 97-553-XCB2006018.

TABLE 32B
FAMILY STATUS OF NOVA SCOTIANS AND LIVING ARRANGEMENTS (%) BY AGE GROUP, 2006

Living Arrangements	All Ages	Under 55	55 - 64	65+
With spouse, common-law partner or lone parent	489,540	44	79	63
Children living with Parent(s)	262,000	44	2	0
Living alone	99,945	6	15	29
Living with Non Relatives	31,005	4	2	2
Living with Relatives	17,265	1	2	5
Total - Household living arrangements	899,755	712,615	118,640	129,760

Figure 23



MARITAL STATUS

More than half (54%) of all seniors were married in 2006, while 32% were widowed (Tables 33A and 33B). Relatively few had never been married (six percent) or were divorced (eight percent). Seven out of ten (70%) members of the 55-64 group were married, while 16 % were divorced. Less than one in ten fell into each of the other categories – never married (8%) and widowed (6%).

TABLE 33A
MARITAL STATUS OF NOVA SCOTIANS BY AGE GROUP, 2006

Marital Status	Total	15 to 54	55 to 64	65+
Never legally married	246770	228745	9205	8820
Legally married	379600	221440	84040	74125
Divorced	85840	54970	19600	11290
Widowed	54805	3860	6960	43985
Total	767025	509010	119805	138225

Source: Statistics Canada - 2006 Census. Catalogue Number 97-552-XCB2006007.

Table 33B

Marital Status	Total	15 to 54	55 to 64	Seniors(65+)
Never legally married	246770	45	8	6
Legally married	379600	44	70	54
Divorced	85840	11	16	8
Widowed	54805	1	6	32
Total - Legal marital status	767025	509010	119805	138225

Figure 24

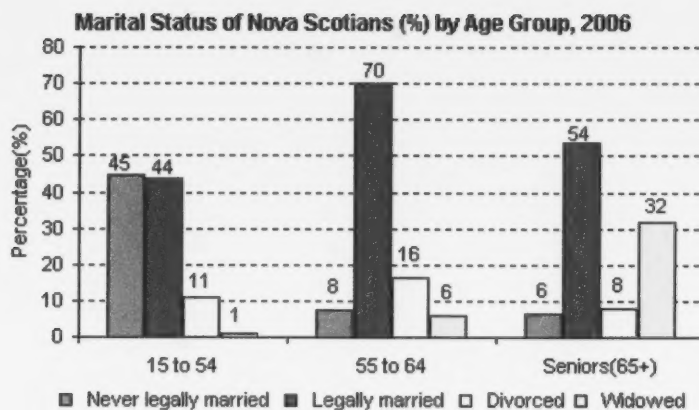
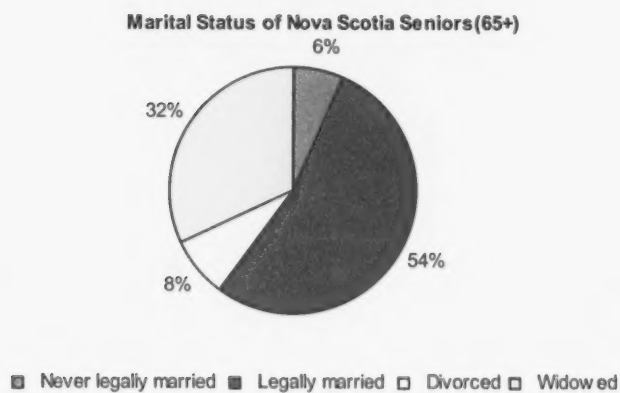


Figure 25



HOUSING ARRANGEMENTS

The majority of Nova Scotia seniors own or rent their homes (Table 34A). In 2006, 77.5% of seniors owned their home and 22.3% rented, for a total of 99.8%. A smaller portion 0.2% lived in Band housing.

Four percent or 5,501 of the province's seniors lived in public rental housing, while 5,044 or 3.6% lived in a licensed nursing home (Table 34B). A smaller portion, 1,038 or 0.8% lived in a licensed residential care facility.

TABLE 34A
HOUSING ARRANGEMENTS FOR NOVA SCOTIA SENIORS (65+), 2006

	Total	Owned	Rented	Band Housing
Number of Senior Households	88,775	68,810	19,805	160
% of Senior Households	100.0%	77.5%	22.3%	0.2%

Source: Statistics Canada, 2006 Census of Population

TABLE 34B
LONG TERM CARE AND PUBLIC SENIOR RENTAL HOUSING (65+), 2009

	Licensed Residential Care Facilities	Licensed Nursing Home	Public Senior Rental Housing Program
Number of Seniors	1038	5044	5501
% of Seniors	0.8%	3.6%	4.0%

Source: Nova Scotia Department of Health, Nova Scotia Department of Community Services

Figure 24

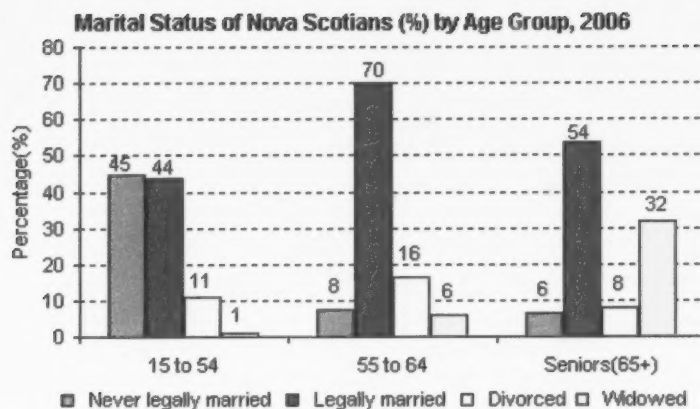
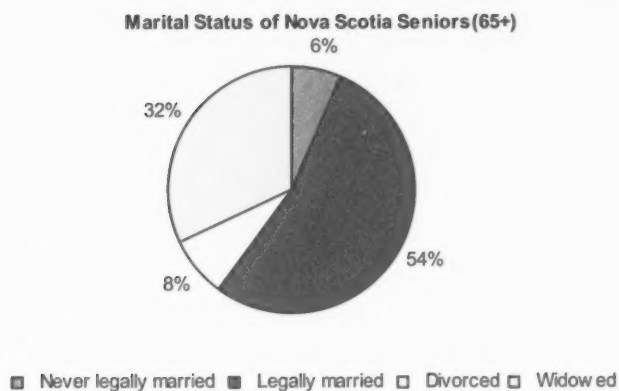


Figure 25



HOUSING ARRANGEMENTS

The majority of Nova Scotia seniors own or rent their homes (Table 34A). In 2006, 77.5% of seniors owned their home and 22.3% rented, for a total of 99.8%. A smaller portion 0.2% lived in Band housing.

Four percent or 5,501 of the province's seniors lived in public rental housing, while 5,044 or 3.6% lived in a licensed nursing home (Table 34B). A smaller portion, 1,038 or 0.8% lived in a licensed residential care facility.

TABLE 34A
HOUSING ARRANGEMENTS FOR NOVA SCOTIA SENIORS (65+), 2006

	Total	Owned	Rented	Band Housing
Number of Senior Households	88,775	68,810	19,805	160
% of Senior Households	100.0%	77.5%	22.3%	0.2%

Source: Statistics Canada, 2006 Census of Population

TABLE 34B
LONG TERM CARE AND PUBLIC SENIOR RENTAL HOUSING (65+), 2009

	Licensed Residential Care Facilities	Licensed Nursing Home	Public Senior Rental Housing Program
Number of Seniors	1038	5044	5501
% of Seniors	0.8%	3.6%	4.0%

Source: Nova Scotia Department of Health, Nova Scotia Department of Community Services

EDUCATION AND LITERACY

EDUCATION

Seniors have relatively low levels of formal education (Table 35A and 35B). In 2006, not quite one in five, or 19.2%, had a high school certificate or equivalent. The amount of seniors without a certificate, diploma or degree totalled 43.7% (Table 35B and Figure 26). It is important to keep in mind that the educational opportunities available to today's seniors when they were young were considerable more limited than they are today. Considering these challenges, the educational achievement of today's seniors is noteworthy. The percentage of seniors with a Bachelor degree (3.9%), Master's degree (2.2%), Doctorate degree (0.8%) and a degree in medicine, dentistry, veterinary medicine, or optometry (0.5%) totalled 7.4%.

TABLE 35A
HIGHEST DEGREE, CERTIFICATE OR DIPLOMA FOR NOVA SCOTIANS BY AGE GROUP, 2006

Highest certificate, diploma or degree	Total	15 - 54	55 to 64	65+
No certificate, diploma or degree	202,770	164,050	32,555	57,325
High school certificate or equivalent	172,800	166,695	22,635	25,100
Apprenticeship or trades certificate or diploma	90,420	60,090	18,425	15,800
College, CEGEP or other non-university certificate or diploma	135,975	108,185	20,675	15,790
University certificate, diploma or degree	154,630	125,195	24,785	17,050
Certificate, diploma or degree	553,825	460,160	86,520	73,745
University certificate or diploma below bachelor level	30,645	21,410	5,795	5,815
Bachelor's degree	79,280	74,185	9,120	5,060
University certificate or diploma above bachelor level	13,345	9,545	2,770	1,670
Degree in medicine, dentistry, veterinary medicine or optometry	3,650	2,430	615	625
Master's degree	22,710	14,870	5,185	2,875
Earned doctorate	4,995	2,740	1,295	990
University certificate or degree	123,980	103,770	18,985	11,230
Total	756,595	624,215	119,075	131,070

Source: Statistics Canada - 2006 Census. Catalogue Number 97-560-XCB2006007.

Table 35B

Highest certificate, diploma or degree	65+
Degree in medicine, dentistry, veterinary medicine or optometry	0.5
Earned doctorate	0.8
University certificate or diploma above bachelor level	1.3
Master's degree	2.2
Bachelor's degree	3.9
University certificate or diploma below bachelor level	4.4
College, CEGEP or other non-university certificate or diploma	12.0
Apprenticeship or trades certificate or diploma	12.1
University certificate, diploma or degree	13.0
High school certificate or equivalent	19.2
No certificate, diploma or degree	43.7

Figure 26**Highest Degree, Certificate, Diploma for Seniors (65+)**

SCHOOL ATTENDANCE

Some older Nova Scotians chose to go back to school (Table 36A, 36B and 36C). In 2006, seniors represented a total of 3,480 students or 3% of those in school. Those in the 55-64 age group also represented 3% of Nova Scotians in school. There were more senior women in school than men; 2,115 women compared to 1,375 men. This means 54% more women chose to return to school than men.

TABLE 36A
SCHOOL ATTENDANCE OF NOVA SCOTIANS BY AGE GROUP AND GENDER, 2006

Age Group	Did not attend School			Attended School			Total		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
15-54	192,755	201,165	393,925	52,825	59,680	112,515	245,590	260,850	506,445
55-64	56,645	59,045	115,690	1,510	1,870	3,385	58,160	60,915	119,075
65+	56,035	71,555	127,590	1,375	2,115	3,480	57,400	73,665	131,080
All Ages	305,445	331,770	637,210	55,715	63,670	119,385	361,155	395,440	756,595

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-560-XCB2006032.

Table 36B

Age Group	Did Not Attend	Attended School	Total
15-54	393,925	112,515	506,445
55-64	115,690	3,385	119,075
65+	127,590	3,480	131,080
All Ages	637,210	119,385	756,595

Table 36C
(%)

Age Group	Did Not Attend	Attended School	Total
15-54	62	94	67
55-64	18	3	16
65+	20	3	17
All Ages	637,210	119,385	756,595

LITERACY

Nova Scotia seniors generally have low levels of literacy (Table 37). The 2003 International Adult Literacy and Skills Survey revealed that eight in ten, or 81% of seniors scored lower than level three in prose literacy. A level three score is considered to be the minimum adequacy level for coping effectively with day-today activities and interactions.

TABLE 37
PROSE LITERACY LEVEL OF NOVA SCOTIA SENIORS (%), 2003

Literacy Dimension	Level 1	Level 2	Level 3	Level 4/5
Prose	48.2	32.8	17.3	1.7

Source: International Adult Literacy and Skills Survey, 2003

Prose literacy is defined as the knowledge and skills needed to understand and use information from texts including editorials, news stories, brochures and instruction manuals.

Source: Statistics Canada, 2008

EMPLOYMENT

NOVA SCOTIA WORKFORCE AND PARTICIPATION RATE

While the majority of seniors and persons aged 55-64 are not working, a substantial number in both groups are still part of the paid workforce (Table 38). In 2008, 10,405 seniors were involved in paid employment. The majority of workers in both the 55-64 and 65+ age groups were employees. Eight in ten (83%) members of the 55-64 age group were employees, while 75% of seniors were employees. Self-employment was more prevalent among seniors, one in four (25%), compared to those ages 55-64 (16%).

Older workers show little sign of slowing down. Workers in the 55-64 age group averaged 36.7 hours of work per week. Seniors in the workforce averaged 34.8 hours each week. The participation rate among those aged 55-64 was 55.2 %, and it was 7.9 % for those 65 and older. The participation rate is defined as the percentage of the population that is employed for a particular age group.

TABLE 38
NOVA SCOTIA WORKFORCE AND PARTICIPATION RATE BY AGE GROUP, 2008

	55- 64	65+
Employees	51,110	10405
Self - Employed	10135	3415
Other(Unpaid family workers)	195	95
Total Employed	61,440	13,915
Average hours worked per week	36.7	34.8
Participation Rate	55.2	7.9

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-559-XCB2006025

Average hours worked per week - Source: Statistics Canada. Table 282-0018 CANSIM (database).

Participation Rate - Source: Statistics Canada. Table 282-0002 CANSIM (database).

Note:

Number of hours actually worked by the respondent during the reference week, including paid and unpaid hours

OLDER NOVA SCOTIAN WORKERS

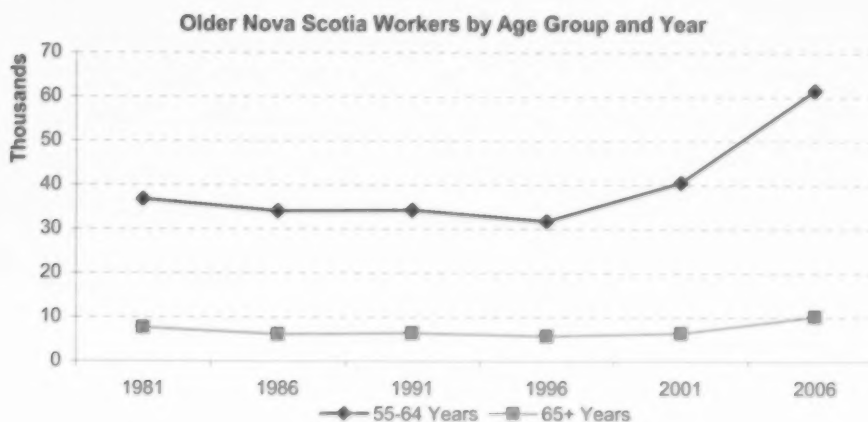
The number of older workers increased between 2001 and 2006 (Table 39). The increase in workers ages 55-64 was dramatic. Employment among 55-64 year-olds jumped 52%. The number of workers in this age group was higher in 2006 than at any point in the previous 25 years. Employment of seniors increased even more dramatically from 6,350 in 2001 to 10,175 in 2006 – an increase of 60%.

TABLE 39
OLDER NOVA SCOTIA WORKERS BY AGE GROUP AND YEAR

Age Group	1981	1986	1991	1996	2001	2006
55-64 Years	36,700	34,000	34,200	31,700	40,535	61,445
65+ Years	7,600	6,100	6,400	5,700	6,350	10,175

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-559-XCB2006025

Figure 27



FINANCES

HOUSEHOLD INCOME

Seniors tend to have lower incomes than their younger counterparts (Table 40). In 2006, the average household income for the 46,040 senior households, headed by someone between the ages of 65-74, was \$44,371. The household income for the 35,430 senior households headed by someone 75 years and older was \$36,858. Comparatively, households lead by someone under 65 had average incomes of \$61,532. The average income for all Nova Scotia households was \$57,148. In other words, incomes of seniors 65-74 were 28 % lower than the under 65 age group and the incomes of seniors 75 and older were 40 % below the under 65 group.

Three-quarters (75.6%) of those in both the 65-74 age group and the 75 and older age group owned their homes. Home ownership by seniors was higher than the under 65 age group (68%).

TABLE 40
NOVA SCOTIA HOUSEHOLD FINANCIAL PROFILE BY AGE OF HEAD OF
HOUSEHOLD, 2006

	All Ages	Under 65	65-74	75 and Over
Number of Households	379,610	298,140	46,040	35,430
Ave. Household Income (Before Taxes)	\$57,148	\$61,532	\$44,371	\$36,858
% Home Owners	69.2%	67.5%	75.8%	75.6%

Source: Statistics Canada, Survey of Household Spending, 2006

SOURCES OF INCOME – Population aged 65-74

The Canada Pension Plan (CPP) data (Table 41A) shows that 19 % of Nova Scotians aged 65-74 received CPP in 2006. The lowest rate of receipt was in Queens County where 13.4 % received CPP. The highest rate of receipt was in Cape Breton County at 22.4 %.

Nearly 35 % of total CPP dollars were sent to those aged 65-74 in Halifax, where 16.6 % of the same age population received CPP, which represents 21,830 recipients.

Victoria County saw the least amount of CPP dollars and received only 0.9 % for 620 recipients.

The Old Age Security (OAS) data (Table 41A) shows that nearly 23 % of Nova Scotians aged 65-74 received OAS in 2006. The lowest rate of receipt was in Halifax County where 17.7 % of that age group received the benefit. The highest rate of receipt was in Yarmouth County with 29.9 % receiving the benefit.

Thirty percent of total OAS dollars were sent to recipients in Halifax County, where 17.7 % of the population received OAS, which represents 22,400 residents receiving the benefit.

Again, Victoria County saw the least amount of OAS dollars and received only 0.9 % for 640 recipients.

TABLE 41(A)
GOVERNMENT TRANSFERS BY COUNTY OF RESIDENCE AND SOURCE FOR POPULATION AGED
65 - 74, 2006

County	CANADA/ QUEBEC PENSION PLAN (CPP)			OLD AGE SECURITY (OAS)		
	Total CPP (\$'000)	Total Seniors receiving CPP	Population (%) Receiving CPP	Total OAS (\$'000)	Total Seniors receiving OAS	Population (%) Receiving OAS
Annapolis	10,120	1,870	20.0	13,914	1,980	27.5
Antigonish	7,513	1,280	19.0	9,654	1,380	24.4
Cape Breton	54,612	8,670	22.4	65,354	9,360	26.8
Colchester	21,979	3,780	20.5	27,166	3,930	25.3
Cumberland	16,960	2,990	20.2	22,441	3,160	26.7
Digby	8,506	1,660	20.1	13,588	1,800	32.1
Guysborough	4,633	890	20.7	7,174	950	32.1
Halifax	135,337	21,830	16.6	144,167	22,440	17.7
Hants	17,194	2,920	20.7	21,509	3,100	26.0
Inverness	8,898	1,630	18.4	12,251	1,710	25.3
Kings	26,819	4,690	19.3	33,694	4,900	24.3
Lunenburg	25,134	4,370	19.5	32,337	4,610	25.1
Pictou	20,531	3,490	20.5	25,281	3,650	25.3
Queens	5,500	980	13.4	7,695	1,060	18.8
Richmond	4,741	880	21.8	6,927	940	31.9
Shelburne	6,474	1,200	20.1	9,518	1,270	29.5
Victoria	3,430	620	18.1	4,561	640	24.1
Yarmouth	10,522	1,940	20.6	15,284	2,090	29.9
Nova Scotia	388,902	65,680	18.8	472,516	68,960	22.8

Source: Nova Scotia Community Counts web page

Thirty-two percent of Nova Scotians aged 65-74 received private pensions in 2006 (Table 41B). Halifax County had the highest percentage of recipients at 35 %. Guysborough County had the lowest percentage of recipients at 20 %.

Almost 13 % of Nova Scotians aged 65-74 received employment income. Halifax County had the highest percentage of recipients at 15.6 %. Annapolis County had the lowest percentage of recipients at 6.1 %.

Seven percent of Nova Scotians aged 65-74 received investment income. Queens County had the highest percentage of recipients at 17.8 %. Cape Breton County had the lowest percentage of recipients receiving investment income at 4.7 %.

TABLE 41(B)
SOURCE OF INCOME BY COUNTY OF RESIDENCE FOR POPULATION AGED 65 - 74, 2006

County	PRIVATE PENSION (PP)			EMPLOYMENT INCOME (EI)			INVESTMENT INCOME (II)		
	Total PP (\$'000)	Total Seniors receiving PP	Population (%) Receiving PP	Total EI (\$'000)	Total Seniors receiving EI	Population (%) Receiving EI	Total II (\$'000)	Total Seniors receiving II	Population (%) Receiving II
Annapolis	17,753	1,110	35.1	3,099	370	6.1	2,690	910	5.3
Antigonish	12,153	800	30.8	5,058	360	12.8	1,907	600	4.8
Cape Breton	69,827	5,400	28.6	21,793	1,450	8.9	11,544	3,260	4.7
Colchester	33,856	2,210	31.6	11,325	830	10.6	6,890	1,840	6.4
Cumberland	24,927	1,650	29.6	9,887	710	11.8	4,747	1,270	5.6
Digby	11,153	790	26.4	4,098	300	9.7	2,417	690	5.7
Guysborough	4,521	370	20.2	3,438	180	15.4	815	320	3.6
Halifax	288,403	14,760	35.4	127,355	5,400	15.6	66,395	11,130	8.1
Hants	24,828	1,680	30.0	10,096	660	12.2	4,243	1,260	5.1
Inverness	14,310	880	29.5	6,201	410	12.8	3,051	700	6.3
Kings	48,109	2,890	34.7	11,513	1,040	8.3	10,612	2,270	7.6
Lunenburg	39,607	2,460	30.8	12,825	960	10.0	9,786	2,300	7.6
Pictou	31,599	2,140	31.6	10,568	860	10.6	5,355	1,490	5.4
Queens	9,480	550	23.2	8,810	190	21.5	7,287	430	17.8
Richmond	5,767	430	26.6	1,914	140	8.8	474	260	2.2
Shelburne	6,942	530	21.5	4,534	280	14.1	2,218	500	6.9
Victoria	5,520	340	29.2	2,780	170	14.7	916	270	4.8
Yarmouth	13,025	950	25.5	4,756	390	9.3	3,671	860	7.2
Nova Scotia	661,778	39,920	32.0	260,049	14,690	12.6	145,018	30,370	7.0

Source: Nova Scotia Community Counts web page

SOURCES OF INCOME – Population aged 75+

In 2006, nearly 21 % of Nova Scotians older than 75 received Canada Pension Plan (CPP) benefits (Table 42A). Richmond County had the highest percentage of recipients at 25 %. Halifax County had the lowest percentage of recipients at 18 %.

Nearly 29 % of Nova Scotians older than 75 received Old Age Security (OAS) benefits. Guysborough County had the highest percentage of recipients at 46 % and Halifax County had the lowest percentage of recipients at 21 %.

TABLE 42 (A)
GOVERNMENT TRANSFERS BY COUNTY OF RESIDENCE AND SOURCE FOR POPULATION AGED 75+, 2006

County	CANADA/ QUEBEC PENSION PLAN (CPP)			OLD AGE SECURITY (OAS)		
	Total CPP (\$'000)	Total Seniors receiving CPP	Population (%) Receiving CPP	Total OAS (\$'000)	Total Seniors receiving OAS	Population (%) Receiving OAS
Annapolis	8,845	1,530	21.4	14,145	1,740	34.3
Antigonish	6,424	1,060	20.6	10,604	1,280	34.0
Cape Breton	47,581	7,170	24.5	63,383	8,080	32.7
Colchester	20,599	3,290	21.9	27,421	3,550	29.1
Cumberland	15,548	2,610	23.0	23,990	2,900	35.5
Digby	7,790	1,460	21.2	14,759	1,690	40.2
Guysborough	3,763	710	23.6	7,375	810	46.3
Halifax	119,140	18,100	18.1	138,812	19,370	21.1
Hants	14,442	2,320	23.2	20,936	2,570	33.7
Inverness	6,634	1,190	21.7	12,104	1,390	39.5
Kings	22,103	3,640	20.9	31,004	3,980	29.2
Lunenburg	22,304	3,770	21.2	34,612	4,220	33.0
Pictou	20,849	3,340	22.9	29,454	3,650	32.4
Queens	4,802	790	21.6	7,269	890	32.7
Richmond	4,109	740	25.0	7,590	840	46.1
Shelburne	6,035	1,030	23.6	9,981	1,170	39.0
Victoria	2,774	500	22.6	4,705	570	38.4
Yarmouth	11,017	1,930	23.1	19,297	2,250	40.4
Nova Scotia	344,759	55,170	20.8	477,438	60,960	28.8

Source: Nova Scotia Community Counts web page

In 2006, 32 % of Nova Scotians aged 75 and older received private pensions (Table 42B). Halifax County had the highest percentage of recipients at 38 %. Richmond County had the lowest percentage of recipients at 20.9 %. These percentages match those of Nova Scotians aged 65-74 as seen in Table 41B.

Two percent of Nova Scotians aged 75 and older received employment income. Halifax County had the highest percentage of recipients at 3.2 %. Annapolis County had the lowest percentage of recipients at 0 %.

Eleven percent of Nova Scotians aged 75 and older received investment income. Halifax County had the highest percentage of recipients at 13.6 %. Richmond County had the lowest percentage of recipients receiving investment income at nearly 3 %.

TABLE 42 (B)
SOURCE OF INCOME BY COUNTY OF RESIDENCE FOR POPULATION AGED 75+, 2006

County	PRIVATE PENSION (PP)			EMPLOYMENT INCOME (EI)			INVESTMENT INCOME (II)		
	Total PP (\$'000)	Total Seniors receiving PP	Population (%) Receiving PP	Total EI (\$'000)	Total Seniors receiving EI	Population (%) Receiving EI	Total II (\$'000)	Total Seniors receiving II	Population (%) Receiving II
Annapolis	12,701	920	30.8	2	80	0.0	3,576	970	8.7
Antigonish	9,646	710	30.9	319	80	1.0	2,713	670	8.7
Cape Breton	55,235	4,860	28.5	3,216	300	1.7	12,273	3,650	6.3
Colchester	28,856	2,040	30.7	1,456	220	1.5	11,407	1,950	12.1
Cumberland	17,576	1,430	26.0	811	180	1.2	5,935	1,360	8.8
Digby	8,733	690	23.8	290	60	0.8	3,394	720	9.2
Guysborough	3,393	290	21.3	132	30	0.8	691	260	4.3
Halifax	250,918	13,570	38.2	21,123	1,360	3.2	89,264	11,610	13.6
Hants	16,390	1,280	26.4	846	200	1.4	6,628	1,240	10.7
Inverness	7,888	630	25.8	642	60	2.1	1,643	570	5.4
Kings	33,831	2,250	31.9	1,449	250	1.4	12,927	2,180	12.2
Lunenburg	30,733	2,090	29.3	1,016	290	1.0	11,200	2,280	10.7
Pictou	24,203	1,990	26.6	540	280	0.6	11,540	1,820	12.7
Queens	7,150	470	32.1	175	40	0.8	1,876	420	8.4
Richmond	3,448	310	20.9	159	20	1.0	471	230	2.9
Shelburne	5,968	500	23.3	404	60	1.6	2,101	510	8.2
Victoria	3,466	280	28.3	10	30	0.1	787	230	6.4
Yarmouth	11,371	920	23.8	271	100	0.6	3,785	1,060	7.9
Nova Scotia	531,504	35,220	32.1	32,861	3,640	2.0	182,212	31,750	11.0

Source: Nova Scotia Community Counts web page

LOW INCOME

The overall incidence of poverty for Nova Scotia seniors is comparable to that of younger adults, in the 18-64 age group (Table 43). Federal programs such as Old Age Security, Guaranteed Income Supplement, and Canada Pension Plan help ensure that most seniors are living above the poverty line. However, despite these income security programs, 11 % of seniors, or 13,715 older Nova Scotians were living below the low-income cut-off (LICO) in 2006. In comparison, 79,625 or 13.7 % of non-seniors were living below the low-income cut-off.

The LICO is defined by Statistics Canada to represent the income level at which families are considerably worse off than average. In these situations, a substantial proportion of family income is going to essentials such as food, shelter and clothing. The LICO is viewed by many to be the poverty line. LICO's are set for various situations in Canada.

The size of the community is taken into account, as it is generally more expensive to live in more populated areas. Family size is also considered in setting the LICO. The statistics used in this report are based on the before-tax version of the LICO.

In 2006, two-thirds of seniors living in economic hardship were women living by themselves (Table 43). Of the 13,715 seniors below the LICO, three-quarters (74%) or 10,165 were female. Senior men made up the remaining 3,545. The rate of economic hardship among senior women living alone is noteworthy. Nearly one-third (30%) of senior women living by themselves were living below the LICO.

TABLE 43
POPULATION (%) OF SENIORS (65+) LIVING BELOW THE LOW-INCOME CUT-OFF (BEFORE TAX)
BY AGE AND SEX, 2006

Age	Total			Male			Female		
	Total - Income Tax Before tax	Low Income	Prevalence of Low Income (%)	Total - Income Tax Before tax	Low Income	Prevalence of Low Income (%)	Total - Income Tax Before tax	Low Income	Prevalence of Low Income (%)
18-64	581,075	79,625	13.7	300,040	34,185	10.8	318,375	45,430	14.3
65+	129,400	13,715	11.2	56,930	3,545	6.0	72,470	10,165	14.0
Living Arrangements									
65+ Living Alone	37,855	10,365	27.4	9,880	2,055	20.8	27,980	8,310	29.7
65+ Living with non relatives(Only)	2,320	805	34.6	1,040	290	27.9	1,280	515	40.2
Total - All persons 15+ years and not in economic families	129,890	45,425	35.0	56,885	18,565	32.6	73,005	26,860	36.8

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-563-XCB2006028.

Low income: Canadian families spent about 50% of their total income on food, shelter and clothing.

It was arbitrarily estimated that families spending 70% or more of their income (20 percentage points more than the average) on these basic necessities would be low income families.

Economic family - Refers to a group of two or more persons who live in the same dwelling and are related to each other by blood, marriage, common-law or adoption.

HOME OWNERSHIP

Sixty-seven percent of Nova Scotia seniors spent less than 20 % of their income on shelter in 2006 (compared with 73% of younger Nova Scotians).

Six percent of Nova Scotia seniors spent more than 50 % of their income on shelter (compared with 3% of younger Nova Scotians).

TABLE 44A
PROPORTION OF INCOME USED FOR SHELTER EXPENSES BY AGE GROUP, 2006

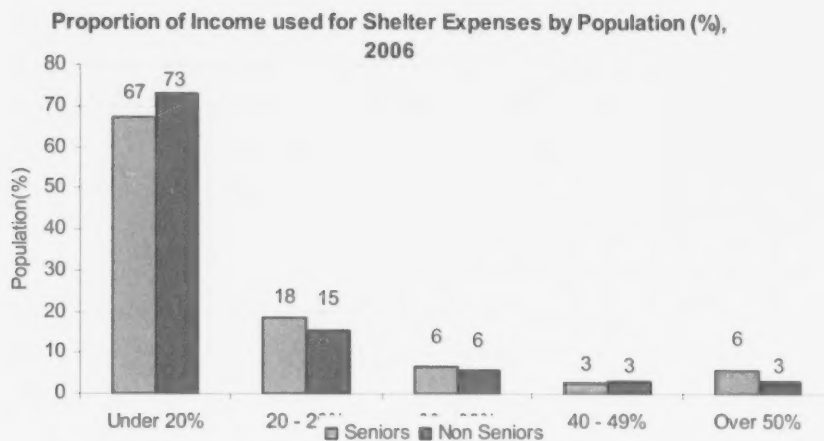
Income used for Shelter	All Ages	To 54 Years	55 To 64	65 to 74	74+
Under 20%	184,230	94,025	40,290	27,855	22,060
20 - 29%	47,055	29,890	6,770	4,975	5,405
30 - 39%	16,945	9,735	3,150	1,880	2,145
40 - 49%	7,050	3,770	1,315	985	980
Over 50%	13,435	7,805	3,510	1,120	1,000
Total	268,720	145,245	55,045	36,825	31,600

Source: Statistics Canada, 2006 Census of Population,
Statistics Canada catalogue no. 97-554-XCB2006051

TABLE 44B
PROPORTION OF INCOME USED FOR SHELTER EXPENSES BY POPULATION (%), 2006

Income Used for Shelter	All Ages	Seniors	Non Seniors
Under 20%	184,230	67	73
20 - 29%	47,055	18	15
30 - 39%	16,945	6	6
40 - 49%	7,050	3	3
Over 50%	13,435	6	3
Total	268,720	200,290	68,425

Figure 28



The vast majority of seniors were mortgage-free (Table 45A and 45B). In fact, 88 % of seniors aged 75 and older had paid off their house, compared to just 26 % of younger Nova Scotians (2006). Seventy-eight percent of seniors aged 65-74 had paid off their house and 61 % of seniors aged 55-64 had paid off their mortgage. Comparatively, only 26 % of Nova Scotians up to age 54 had paid off their houses.

**TABLE 45A
NOVA SCOTIA HOME OWNERS WITH AND WITHOUT MORTGAGES BY AGE GROUP, 2006**

	All Ages	to 54 years	55 - 64	65 - 74	75+
Mortgage	141,165	107,770	21,590	8,115	3,685
Mortgage-free	127,555	37,480	33,455	28,710	27,910
Total	268,720	145,250	55,045	36,825	31,595

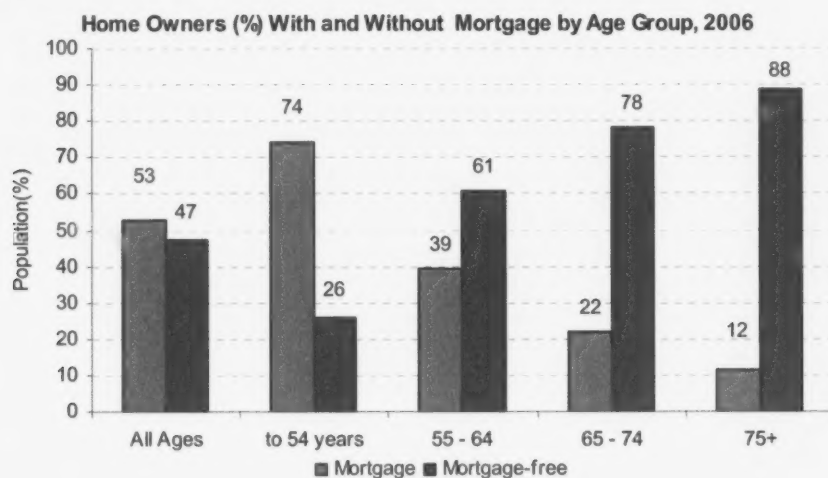
Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-554-XCB2006051

TABLE 45B
HOME OWNERS (%) WITH AND WITHOUT MORTGAGES BY AGE GROUP

NOVA SCOTIA HOME OWNERS WITH AND WITHOUT MORTGAGES BY AGE

	All Ages	to 54 years	55 - 64	65 - 74	75+
Mortgage	53	74	39	22	12
Mortgage-free	47	26	61	78	88
Total	268,720	100	100	100	100

Figure 29



FAMILY EXPENDITURES

As with the rest of the population, seniors devoted a large share of their overall spending to food, shelter, transportation, and household operation (Table 46). In 2006, senior family households (age 65 and up) spent over half (59%) of their incomes on these essentials – somewhat more than their younger counterparts who spent 48.3 % on these same necessities. Other significant expenditures for seniors included health care (4.5%) and recreation (4.35%).

Seniors are considerably more generous than non-seniors. It is noteworthy that seniors over the age of 65 spent 6.4 % of their income on gifts and charitable contributions compared with Nova Scotians under the age of 65 who donated 1.7 %. Although seniors' tax payments are considerable, they tend to pay less in taxes than younger people. Seniors over the age of 65 paid 15 % of their income towards taxes, in contrast to 18.4 % for people under 65.

TABLE 46
FAMILY EXPENDITURE PROFILE (PERCENTAGE) BY AGE OF HEAD OF
HOUSEHOLD, 2006

	All Ages	Less than 65	65-74 years	75 and over
Food	11.0%	10.8%	11.3%	13.8%
Shelter	18.2%	17.9%	18.2%	21.7%
Household Operations	5.7%	5.6%	5.9%	6.3%
Household Furnishings	3.3%	3.3%	3.7%	2.8%
Clothing	4.1%	4.3%	3.4%	3.3%
Transportation	14.1%	14.0%	16.6%	12.1%
Health Care	3.0%	2.7%	4.6%	4.4%
Personal Care	1.8%	1.8%	1.7%	2.1%
Recreation	5.4%	5.6%	5.0%	3.7%
Reading Materials	0.4%	0.4%	0.6%	0.8%
Education	1.9%	2.1%	F	F
Tobacco and Alcohol	2.8%	2.9%	2.0%	1.5%
Games of Chance	0.4%	0.4%	0.7%	0.5%
Personal Taxes	17.9%	18.4%	15.5%	14.6%
Insurance and Pensions	5.9%	6.5%	2.9%	2.0%
Charity and Gifts	2.3%	1.7%	5.0%	7.8%
Miscellaneous	1.6%	1.5%	2.2%	1.6%
Total	100.0%	100.0%	100.0%	100.0%

Source: Statistics Canada, Survey of Household Spending, 2006

F: Figure too unreliable to report

INCOME SECURITY

OLD AGE SECURITY

In 2007, nearly 99 % of Nova Scotian seniors (136,589) collected Old Age Security (OAS) in Nova Scotia (Table 47). The small number not benefiting from OAS likely did not qualify if they had high incomes from other sources or if they were recent immigrants to Canada. Nearly 43% of OAS recipients also benefited from the Guaranteed Income Supplement (GIS). This GIS is available to lower-income seniors to reduce economic hardship.

TABLE 47
NUMBER OF NOVA SCOTIANS RECEIVING OLD AGE SECURITY BENEFITS BY TYPE
AND YEAR, 2000-2009

Year	Number of Seniors	Old Age Security Pension	GIS	% of Seniors Collecting OAS	% of OAS Pension Recipients Collecting GIS
2000	126118	124104	57329	98.4%	46.20%
2001	127546	125228	56266	98.18%	44.9%
2002	128909	126553	56726	98.17%	44.80%
2003	130544	128197	57664	98.20%	44.70%
2004	132245	130014	57721	98.31%	44.40%
2005	133890	131663	58071	98.34%	44.40%
2006	136019	133902	57852	98.44%	43.20%
2007	138368	136589	58632	98.71%	42.93%
2008	-	139856	58935	-	42.14%
2009*	-	141834	59351	-	41.85%

Note: (-) Indicates data not available

(*) Reflects figures for January through March only

Source: Nova Scotia Community Counts, Canada Pension Plan and Old Age Security - Monthly Statistical Bulletins.

GUARANTEED INCOME SUPPLEMENT

As mentioned earlier, federal Guaranteed Income Supplement (GIS) payments are made to low-income seniors. The majority of GIS recipients in Nova Scotia were single. Table 48 shows that six in ten (60%) of the 60,682 seniors who collected GIS as of May 2009, were single. Three-quarters (74%) of seniors collecting the full supplement were single.

A senior household that has no additional sources of income beyond OAS collects the maximum supplement. As of May 2009, a full OAS payment and full GIS provided a single senior with an income of \$14,033.64, and a married couple with an income of \$22,748 (if married to a pensioner) or \$14,033.64 (if not married to a pensioner). A reported 4,319 seniors relied exclusively on OAS and GIS payments as their only sources of income. A partial supplement is paid to the point when OAS, GIS, and other income totals \$21,857.64 for an individual and \$34,028 (if married to a pensioner) or \$43,745 (if not married to a pensioner).

Table 48 also shows the low-income cut-offs (LICO) for rural Nova Scotia. The LICOs range from \$11,494 for a senior living alone in rural Nova Scotia, to \$13,989 for a married couple. These levels illustrate why single seniors are at a greater risk of being economically strained. Single seniors in both rural and urban Nova Scotia receiving the maximum GIS and OAS are considered to be living below the poverty line.

TABLE 48
PROFILE OF GIS BENEFITS AND RECIPIENTS IN NOVA SCOTIA, AS OF MAY 2009

Total	Single	Married to Pensioner	Married to Non Pensioner	Total
Total Recipients	36,320	18,559	5,803	60,682
Full GIS Recipients	3,209	94	1,016	4,319
Partial GIS Recipients	33,111	18,465	4,787	56,363
Annual OAS and GIS payments for Full GIS Recipients**	\$14,033.64	\$22,748.64	\$14,033.64	-
Maximum annual OAS, GIS, and Other income for Partial GIS Recipients	\$21,857.64	\$34,028.64	\$43,745.64	-
Rural Low-Income Cut-off (After Tax)	\$11,494.00	\$13,989.00		

Source: Canada Pension Plan and Old Age Security - Monthly Statistical Bulletin, May 2009 and Old Age Security Pension Guaranteed Income Supplement Allowance Table of Rates

RECEIVING CARE

In 2006, most seniors spent a considerable amount of time looking after themselves and their homes. Many seniors, however, were fortunate to receive assistance with household work, chores, and personal care. Table 49 shows that unpaid care was provided to seniors by persons of all ages. Adults between 45 and 54 were most likely to be caring for a senior.

One-quarter (25%) of the members of this group contributed to the care of seniors in 2006. Fourteen percent of the 45-54 age group provided up to five hours of care each week, while six percent provided five to nine hours of care, and five percent contributed over ten hours. Seniors were also involved in the care of other seniors. Fifteen percent of seniors over the age of 65 provided unpaid care to another senior. Among other ages, the proportion providing care ranged from 11 % for 15 to 34-year-olds, 23 % for 55 to 64-year-olds, and 19 % for 35-44 year-old age group.

While men often provided care to seniors, woman provided most of this assistance. Twenty percent of woman acted as a caregiver to a senior in 2006, compared to 15 % of men. More than twice as many woman assisted seniors for over ten hours a week.

TABLE 49
HOURS OF UNPAID CARE TO NOVA SCOTIA SENIORS BY AGE OF CAREGIVER, 2006

Age	0 Hours	1 to 4 hours	5 to 9 Hours	over 10 Hours
Male and Female				
15-34	198,705	16,725	4,075	3,005
35-44	109,580	15,660	6,230	4,570
45-54	110,695	20,900	8,900	7,380
55-64	91,955	13,260	7,020	6,840
65+	111,445	9,530	4,535	5,565
Total	622,385	76,080	30,750	27,375
Male				
15-34	99,305	7,180	1,585	1,030
35-44	55,340	6,490	2,250	1,425
45-54	56,335	9,225	3,175	2,245
55-64	47,120	6,130	2,715	2,200
65+	49,505	4,150	1,675	2,075
Total	307,600	33,175	11,400	8,975
Female				
15-34	99,405	9,545	2,490	1,985
35-44	54,240	9,170	3,975	3,140
45-54	54,360	11,675	5,725	5,140
55-64	44,840	7,135	4,310	4,640
65+	61,940	5,375	2,855	3,490
Total	314,785	42,905	19,350	18,395

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-559-XCB2006015.

PROVIDING CHILD CARE

It is important to note that the provision of support in the home goes both ways. Thousands of Nova Scotia seniors provided unpaid child care. Slightly more than one in ten or 15,225 seniors cared for a young child in 2006. Almost half (43%) of this care was in the range of one to four hours per week, 33 % was between five and 14 hours, and the remainder (24%) exceeded 14 hours (Table 50).

TABLE 50
HOURS OF UNPAID CHILD CARE IN NOVA SCOTIA BY AGE OF CAREGIVER, 2006

Age	0 Hours	1 to 4 hours	5 to 14 Hours	over 14 Hours
Male and Female				
15-34	146,830	17,160	11,950	46,595
35-44	48,645	10,210	18,355	58,820
45-54	89,810	16,275	17,885	23,910
55-64	93,240	9,755	8,550	7,535
65+	115,845	6,570	5,070	3,585
Total	494,365	59,965	61,810	140,450
Male				
15-34	79,730	8,575	6,435	14,355
35-44	26,960	6,045	10,100	22,415
45-54	44,210	8,460	8,625	9,680
55-64	47,070	4,855	3,325	2,900
65+	51,420	2,820	1,910	1,255
Total	249,395	30,760	30,400	50,605
Female				
15-34	67,090	8,575	5,515	32,235
35-44	21,690	4,165	8,260	36,410
45-54	45,600	7,810	9,260	14,225
55-64	46,165	4,895	5,225	4,625
65+	64,425	3,755	3,150	2,330
Total	244,975	29,205	31,410	89,845

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-559-XCB2006015.

GENEROSITY

Seniors are extremely generous, both in absolute and relative terms (Table 51). On average, seniors over the age of 65 donated \$2,354 to charity in 2006 – considerably more than the average of \$1,308 for all ages. Seniors' generosity is even more impressive in the context of their total expenditures. Over seven percent (7.8%) of senior household expenditures went to charity – almost five times the rate for those under 65. A striking majority (95%) of senior households donated to charity. The 65-74 age group ranked second in generosity. Eight in ten (83.5%) of the members of this group donated to charity, with average donations amounting to \$2,208 per year.

TABLE 51
HOUSEHOLD CONTRIBUTIONS TO CHARITY BY AGE OF DONOR, 2006

	All Ages	Under 65	65 - 74	75 and Over
Average Donation per Household	\$1,308	\$1,028	\$2,208	\$2,499
% of Households Making a Donation	80.1%	77.9%	83.5%	94.9%
Average % of Total Expenditures	2.3%	1.7%	5.0%	7.8%
% of Total Donations	100.0%	61.7%	20.5%	17.8%

Source: Statistics Canada, Survey of Household Spending, 2006

DISABILITY

PREVALENCE OF DISABILITIES

A significant portion of seniors reported difficulties carrying out activities of daily living (Table 52). These individuals were considered to be living with a disability. Disability rates increase steadily with age. Adults 75 and older had the highest rate of disability. Almost seven in ten (65%) members of this group reported a condition that reduced the amount of kinds of activities they could participate in (2006).

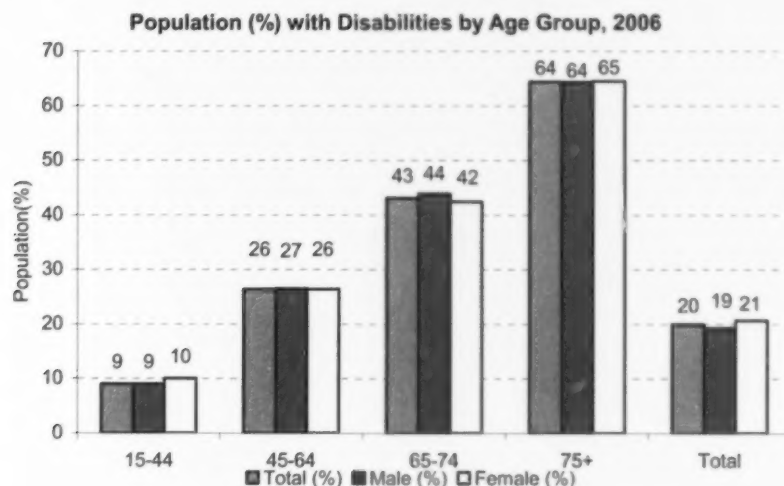
The rate of disability was comparable for males and females in all age groups. In the case of the 75+ age group, the rates were nearly the same; 64 % for male and 65 % for female. Four in ten (43%) Nova Scotians in the 65-74 age group reported a disability. The disability rate among these young seniors was nearly five times the rate for the 15-44 age group.

TABLE 52
DISABILITY RATES FOR POPULATION (%) BY AGE GROUP AND SEX, 2006

Persons with disabilities			
Age groups	Total (%)	Male (%)	Female (%)
15-44	9	9	10
45-64	26	27	26
65-74	43	44	42
75+	64	64	65
Total	20	19	21

Source: Statistics Canada, Participation and Activity Limitation Survey, 2006

Figure 30



SEVERITY OF DISABILITIES

Disabilities are categorized as mild, moderate, severe and very severe (Table 53). The proportion of very severe disabilities tends to increase with age. In 2006, nearly two in ten (16%) adults 75 and older had a very severe disability, compared to one in ten (9%) in the 15-44 age group. The exception was the 65-74 age group, where the share of very severe disabilities fell to nine percent. Mild disabilities were the most common in all age groups. A quarter (26%) of the disabilities for the 75+ group were considered mild, while a third (31%) in the 65-74 group were mild.

TABLE 53
SEVERITY OF DISABILITY FOR NOVA SCOTIANS WITH DISABILITIES BY AGE AND SEX, 2006

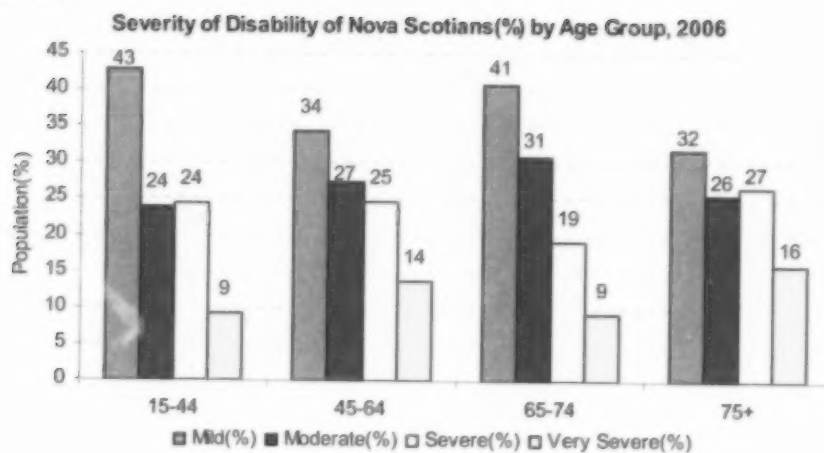
Total Age Group	Mild (%)	Moderate (%)	Severe (%)	Very Severe (%)
15-44	43	24	24	9
45-64	34	27	25	14
65-74	41	31	19	9
75+	32	26	27	16

Male					
Age Group	Total (%)	Mild (%)	Moderate (%)	Severe (%)	Very Severe (%)
15-44	100	45	23	24	9
45-64	100	35	25	26	14
65-74	100	39	30	22	8
75+	100	32	31	19	17

Female					
Age Group	Total (%)	Mild (%)	Moderate (%)	Severe (%)	Very Severe (%)
15-44	100	41	25	25	9
45-64	100	33	30	23	14
65-74	100	42	31	17	10
75+	100	32	22	31	15

Source: Statistics Canada, Participation and Activity Limitation Survey, 2006

Figure 31



LEISURE

TRAVEL

Nova Scotians continue to travel well into their later years (Table 54). Nova Scotians 65 and over made 667,000 trips within Nova Scotia in 2004. In fact, 9.4 % of all trips by Nova Scotians were made by members of this age group.

TABLE 54
TRAVEL IN NOVA SCOTIA, 2004

Age Group	Person Trips	% of Person Trips
0-54	5,420,000	76.7
55-64	978,000	13.8
65+	667,000	9.4
Total	7,065,000	100.0

Source: Statistics Canada, Table 426-0002, CANSIM (database).

Older Nova Scotians are also actively traveling outside of the province (Table 55). Seniors took 79,000 trips and accounted for 8.3 % of all travel to other provinces in Canada in 2006.

TABLE 55
TRAVEL BY NOVA SCOTIANS TO OTHER PROVINCES, PERSON TRIPS BY AGE, 2006

Age Group	Persons Trips	% of Person Trips
0 - 54	720,000	75.5%
55 - 64	155,000	16.2%
65 +	79,000	8.3%
Total	954,000	100.0%

Source: Statistics Canada, Travel Survey of Residents of Canada, 2006

LEISURE-TIME PHYSICAL ACTIVITY

Being physically active is important at all ages. In 2005, 12 % of those 65 and older were considered to be physically active, with 19 % of those 55-64 also being considered physically active (Table 56). In comparison, 65 % of seniors aged 65 and over were considered to be physically inactive, with 54 % of those 55-64 being considered in the same category.

Generally, males of all ages were more physically active than females of all ages. Fourteen percent of males aged 65 and over were considered physically active, compared to ten percent of females in the same age range. However, physical activity between males and females in the 55-64 age range was nearly the same (19% for males, 18% for females).

TABLE 56
LEISURE-TIME PHYSICAL ACTIVITY OF POPULATION (%), BY AGE GROUP AND SEX, 2005

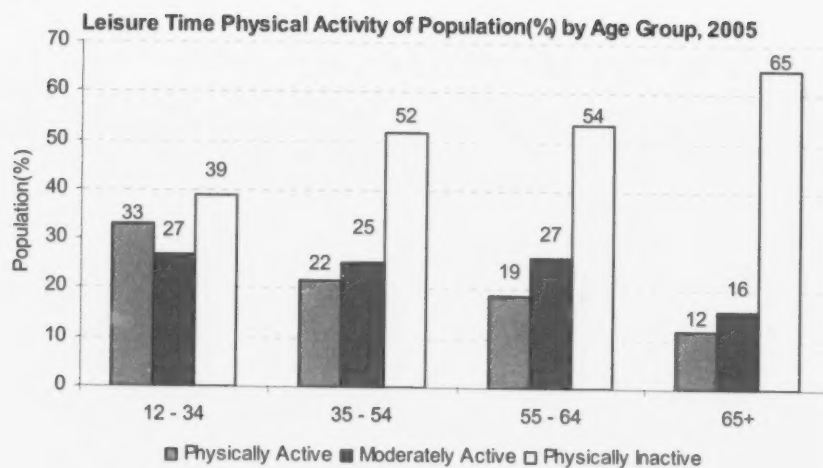
Total			
Age Group	Physically Active	Moderately Active	Physically Inactive
12 - 34	33	27	39
35 - 54	22	25	52
55 - 64	19	27	54
65+	12	16	65

Male			
Age Group	Physically Active	Moderately Active	Physically Inactive
12 - 34	39	24	35
35 - 54	23	22	54
55 - 64	19	27	53
65+	14	18	58

Female			
Age Group	Physically Active	Moderately Active	Physically Inactive
12 - 34	27	29	43
35 - 54	21	28	50
55 - 64	18	26	54
65+	10	14	70

Source: Statistics Canada. Table 105-0433, CANSIM (database).

Figure 32



MOBILITY

As people age, they tend to remain in the communities where they spent most of their adult lives (Table 57). In 2006, 95 % of those 55 and up were living at the same address at which they resided the year before. Comparatively, 85 % of those 54 years and younger were also living at the same address at which they resided one year earlier.

Of those seniors who did move, 54 % of those aged 55-64 remained within the original census subdivision, while 62 % of those aged 65 and older remained in the original census subdivision.

Twenty-eight percent of seniors over the age of 65 had lived in a different province a year before the census, while the same is true about 40 % of those 55-64.

Only seven percent of those aged 65 and older were living in a different country, while the same is true about ten percent of the 55-64 age group.

TABLE 57
MOBILITY STATUS OF NOVA SCOTIANS, 2006

Mobility status 1 year ago	Up to 54 years	55-64	65+
Non-movers	547,390	112,565	125,200
Movers	97,035	6,505	5,870
Total	644,425	119,070	131,070
Movers			
Non-migrants	62,195	3,545	3,670
Migrants	34,820	2,960	2,205
Total	97,015	6,505	5,875
Migrants			
Internal migrants	31,280	2,675	2,030
External migrants	3,540	285	170
Total	34,820	2,960	2,200
Internal Migrants			
Intraprovincial migrants	17,735	1,595	1,465
Interprovincial migrants	13,550	1,080	565
Total	31,285	2,675	2,030

Source: Statistics Canada, 2006 Census of Population, Statistics Canada catalogue no. 97-556-XCB2006008.

Non-movers are persons who, on Census Day, were living at the same address as the one at which they resided one year earlier.

Movers are persons who, on Census Day, were living at a different address from the one at which they resided one year earlier.

Non-migrants are movers who, on Census Day, were living at a different address, but in the same census subdivision (CSD) as the one they lived in one year earlier.

Migrants are movers who, on Census Day, were residing in a different CSD one year earlier (internal migrants) or who were living outside Canada one year earlier (external migrants).

Intraprovincial migrants are movers who, on Census Day, were living in a different census subdivision from the one at which they resided one year earlier, in the same province.

Interprovincial migrants are movers who, on Census Day, were living in a different census subdivision from the one at which they resided one year earlier, in a different province

PET OWNERSHIP

Pets are very beneficial companions for older Nova Scotians. Although pet ownership declines with age, many Nova Scotia seniors benefit from this relationship (Table 58). Four in ten (43%) of senior households owned a pet in 2003, compared to 58 % in the 50-64 age group and 75 % of those under 50 years of age.

TABLE 58
PET OWNERSHIP BY AGE OF HOUSEHOLD, 2003

	All Ages	Under 50	50 - 64	Seniors (65+)
Pet Owners	64%	75%	58%	43%

Source: Statistics Canada, 2003 Survey of Household Expenditures

No current data available.



Seniors

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